# Tuna, Celery and Sweetcorn Jacket Potatoes

2 medium baked potatoes, each filled with half the tuna mixture · Active 15 min · Total 35 min

Skills: Beginner with ordinary kitchen equipment

## Ingredients

- 2 medium baking potatoes, scrubbed (500 g total, skin on)
- 5 1/4 oz light tuna canned in water, drained (150 g)
- 2/3 cup canned yellow sweetcorn, drained (100 g)
- 1 large celery stalk, washed and finely chopped (60 g)
- 7 tablespoons plain nonfat Greek yogurt (100 g)
- 1 teaspoon prepared yellow mustard (5 g)
- 1 tablespoon lemon juice (15 ml/about 15 g)
- 1/8 teaspoon black pepper (0.3 g)

## Set out

1000-watt microwave, Microwave-safe plate and loose microwave-safe cover, Fork, Knife and board, Mixing bowl, Sieve, Oven gloves, Refrigerator

## Allergens

Fish, Milk, Mustard. Check labels and substitutions.

## Make it

**1.** Scrub potatoes, remove damaged spots and pierce skins several times with a fork. Set on the microwave-safe plate without foil or any metal. Microwave at 1000 watts for 8 minutes, turn carefully, then cook 5–8 minutes more until both centers are tender to a knife. Continue in 1-minute bursts if needed. Rest 3 minutes under the loose cover.

**2.** While potatoes cook, stir tuna, sweetcorn, celery, yogurt, mustard, lemon and pepper in the clean bowl. Keep cold until serving.

**3.** Using gloves to handle the hot plate, split each potato away from your face to release steam. Open the flesh with a fork and divide all the filling between the 2 potatoes. Eat promptly rather than packing the warm filled potatoes for later.

## A beginner skill to practice

Practice checking the center instead of relying only on the microwave timer. Unequal potatoes can need separate finishing bursts.

## A useful detail

The 35-minute total is based on two 250 g potatoes in a 1000-watt microwave. A lower-power oven or larger potatoes needs longer. The cold tuna filling is ready to eat and does not need to be microwaved under the potato-cooking clock.

## Keep it well

Refrigerate any unused filling promptly at 40°F/4°C or below and use within 2 days. If storing cooked potatoes, cool in shallow containers and refrigerate within 2 hours, or 1 hour above 90°F/32°C; use within 2 days and reheat potato to 165°F/74°C before adding cold filling. Do not leave cooked potatoes in foil or at room temperature overnight.