

## Baked Potato



### Ingredients

- 1 tsp vegetable oil
- 1 large baking potato
- 50g cheddar cheese

### Choice of Toppings

200g baked beans (chilli flakes optional)

Or

80g tuna / 1 tbsp mayonnaise / sprinkle black pepper

Or

Slice of ham

### Method

Heat the oven to 220C/200C fan/gas 7.

Rub a little oil over each potato and prick them on all sides and put on the top shelf of the oven.

Bake for 20 mins, then turn down the oven to 190C/170C fan/ gas 5 and bake for 45 mins-1 hr more until the skin is crisp and the inside soft.

Make a cross in the centre of each potato,

Top with your choice of toppings

Top with cheese

Serve with side salaad