

RECIPE 7

Ages 3-5

## CHILLI BEAN POTATOES

FOCUS ON  
food

# CHILLI BEAN POTATOES

A twice-baked jacket potato recipe with a Mexican twist. Makes 1 large or 2 small servings.

## How to make it

1. Heat the oven to 200°C/Gas 6.
2. Wash the potatoes and prick them with a fork. Place on a baking tray and bake for one hour or until soft. Remove from the oven and cool slightly.
3. Cut the potato in half and hollow each side out using a tablespoon. Place the cooked potato in a mixing bowl with the tomato puree and sweet chilli sauce. Mash thoroughly.
4. Stir in the beans, tomatoes and spring onion. Season with black pepper.
5. Spoon the potato mixture back into the potato skins, pressing down well with a tablespoon.
6. Place on a baking tray and sprinkle with cheese and paprika.
7. Bake for 15-20 minutes until the cheese is melted and golden-brown.

## Before you begin

- Prepare your ingredients to a suitable level depending on the age and previous experience of the children
- Present your equipment and ingredients logically on the table to support your teaching and learning (we call this a set out)
- Make sure everyone removes any rings and nail varnish, ties their hair back, washes their hands and puts an apron on
- Discuss the ingredients and equipment – what they are, how to weigh and measure ingredients and what you'll be doing in the lesson

Per filled potato (368g)

<b>ENERGY</b>	1986kJ / 471kcal	24%
<b>FAT</b>	9.1g	13%
<b>SATURATES</b>	5.1g	26%
<b>SUGARS</b>	8.0g	9%
<b>SALT</b>	1.8g	29%

% of an adult's reference intake  
Typical values per 100g: Energy 540kJ / 128kcal

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (368g)
Energy	540kJ / 128kcal	1986kJ / 471kcal
Protein	7.6g	27.9g
Carbohydrate (of which sugars)	17.4g (2.2g)	64.2g (8.0g)
Fat (of which saturates)	2.5g (1.4g)	9.1g (5.1g)
Fibre	2.9g	10.6g
Salt	0.5g	1.8g

## Ingredients

- 1 washed medium/large baking potato
- 1 teaspoon tomato purée
- 1 teaspoon sweet chilli sauce
- 50g canned red kidney beans
- 1 fresh tomato, finely chopped
- 1 spring onion, cut into short pieces
- Freshly ground pepper
- 2 tablespoons reduced fat Cheddar cheese, grated
- ½ teaspoon paprika

## Equipment

Chopping board, mixing bowl, sharp knife, fork, teaspoon, tablespoon, measuring spoons, grater, baking tray

## Show the children

- How to scoop out the cooled potato flesh
- How you cut the spring onions using scissors
- The bridge knife technique to cut the tomato into chunks
- How to use a measuring spoon
- How to mash and mix

## Under supervision, children can:

- Scoop the cooked potato flesh out of the skins
- Bridge cut the tomatoes into small chunks
- Measure the tomato puree, chilli sauce and paprika using measuring spoons
- Mash potato with a fork
- Mix ingredients and spoon back into potato skins

## Skills

Bridge knife technique, mashing, scooping, using measuring spoons



**MAKE SURE THE POTATOES ARE COOL ENOUGH TO HANDLE BUT HAVEN'T GONE COLD WHEN SCOOPING OUT THE FLESH.**

