

potato boats

by Lorens Tchilingirian

what you will need

2 baking potatoes about the size of a fist
 4 slices of cheese, grated
 20 Green beans (frozen is fine)
 4 cherry tomatoes
 4 cooked sausages
 Frozen spinach - 8 little blocks
 Black pepper
 Handful of peas
 Handful of sweet corn

Serves 4 little people

Preparation time = 15mins

Cooking time = 60mins

**Cost per serving =
 less than £1**

**5 a day portions
 per serving = 1-2**

get cooking

Bake potatoes in the oven until cooked and crisp.

Slice in half and scoop out the potato, mix with the cheese and add pepper.

Spoon the cheesy potato mix back into the skins.

Warm through the spinach and cook the green beans (don't overcook).

Spoon the spinach equally onto 4 warmed plates, spreading it just a bit bigger than the size of the half potato.

Place the potato (skin down) on the spinach.

Arrange the beans equally around the potato like oars from the potato boat. Place the tomato at one end.

Slice each sausage into 5 pieces and place in a row on top of the potato (to represent little men). Arrange peas and sweet corn around the plates to make an attractive border.

alternatives

Use sausages saved from a previous meal.

Use baked potatoes left over from a previous meal or cook extra and plan to save for this children's meal.

top tips

A fun dish which children can help to make.



**Do you want to
improve your health?**

**Have more energy?
Feel happier?**

**Free health coaching
www.live-well.org.uk**