





Recipe Sheet: Jacket potato with tuna and sweetcorn





Portions: 2








Shopping List:


Photo	Item
	2 large potatoes
	1 can of tuna in spring water
	1 can of sweetcorn in water
	1 bag of salad leaves

Preparation:

Task	Photo
Get Apron and Hat	
Wash Hands	
Get equipment ready	<ul style="list-style-type: none">• Can opener• Cutlery• Microwavable plate• Colander• 2 x serving plates• Oven gloves
Get ingredients ready	<ul style="list-style-type: none">• 2 large potatoes• 1 can of tuna in spring water• 1 can of sweetcorn in water• 1 bag of salad leaves

Recipe:

Task	Photo
 	<p>Wash the 2 potatoes.</p> <p>Prick the potatoes with a fork.</p> <p>Put the 2 potatoes on a microwavable plate and heat for 5 minutes.</p>
	<p>While the potato is cooking, wash the salad in the colander then share it between the 2 serving plates.</p>
	<p>Use the can opener to open the can of sweetcorn.</p> <p>Pour the sweetcorn into the colander so the water drains away.</p>
	<p>Use oven gloves to remove the plate from the microwave.</p> <p>Use a fork to turn the potatoes over and put them in the microwave for another 5 minutes.</p>
	<p>Use the can opener to open the can of tuna.</p> <p>Pour the water out of the can so the water drains away.</p>
	<p>Use oven gloves to remove the plate from the microwave.</p> <p>Use a fork to check the potato is soft all the way through. If it's soft all the</p>

	way through then put one on each serving plate
	Put the tuna on the potatoes. Put the sweetcorn on the potatoes and it is ready to eat.