



Baked Potato with Spicy Bean Chilli and Yoghurt ***Serves 4***

You'll need:

4 large potatoes
2 tins baked beans in tomato sauce
1 red onion, grated
1 carrot, grated
2 cloves garlic, chopped
1 teaspoon ground cumin
Salt and pepper
Pinch of Chilli flakes (optional)
handful of chopped herbs e.g. coriander (optional)
2 tablespoons plain natural yoghurt

1. Using a small knife or fork, stab the potatoes and place on a baking tray. Put in a pre-heated oven set at 180° for 45-60 minutes, or until a knife can go through the potato easily.
2. While the potatoes are cooking, using a medium sized pan on a medium heat, add the grated onion, carrot and chopped garlic with a splash of oil and a pinch of salt. Cook for 5/10 minutes until soft.
3. When the vegetables are soft, add the cumin and if using, chilli flakes, followed by the tins of baked beans. Bring to the boil and turn down to a simmer, cook for 5 minutes. Remove from the heat and, if using, add any fresh herbs (keep a small amount back to garnish at the end). Check the seasoning and add any salt and pepper if needed
4. To serve, open the potato and fill with the bean chilli mix. Cover with a spoonful of yoghurt and, if using, the remaining herbs kept for garnish.