

Microwave Sausage Stuffed Cheesy Baked Potato



Ingredients:

1 medium baking potato (approx 350g)

20g butter

50g strong Cheddar cheese, grated

For the filling:

1 tsp olive oil

1 small onion, finely chopped

4 pork chipolatas, cut into small pieces

1 tsp dried mixed herbs

1 tsp yeast extract (marmite)

Salt and pepper

Method:

1. Wash and scrub the baking potato, then use a fork to prick holes all over the skin for the steam to escape during cooking.
2. Place the potato on a plate and microwave on Full Power for 10-12 minutes, carefully turning the hot potato over halfway through cooking, until the skin is wrinkled and it feels soft.
3. Allow the potato to stand for 5 minutes.
4. To make the filling: place the olive oil in a bowl with the chopped onion, sausage pieces, mixed herbs, yeast extract (marmite) and season with salt and pepper.
5. Cover the bowl with a plate that sits nicely and microwave on Full Power for 4-5 minutes, carefully stirring once. Stand for 1 minute.
6. To assemble; cut the baked potato in half and scoop the flesh into another mixing bowl. Place the empty skins on a microwave plate.
7. Chop the butter and add to the potato with most of the cheese, saving a little for sprinkling on at the end. Mash with a fork or potato masher, until smooth.
8. Stir the sausage and onion mixture into the mashed potato. Spoon the mixture back into the potato skins, then sprinkle with the remaining cheese.
9. Microwave the stuffed potatoes on the plate for a final 2 and a half to 3 minutes, or until heated through and the cheese on top has melted.
10. Serve with baked beans, green veg or a crisp green salad including any left over raw veg.



Tips:

If you're swapping out the chipolatas for veggie sausages or vegetables, keep the pieces small.

To heat baked beans in the microwave, spoon out of the tin and place in a microwave bowl. Cover with a small plate that sits nicely and microwave on Full Power for 1 and a half to 2 and a half minutes, or until heated, stirring half way.

To cook vegetables for an accompaniment in the microwave, cut into small pieces and place in a shallow dish. Pour in enough cold water to cover the base of the dish. This will create the steam to help cook the veg. Cover with a plate that sits nicely and microwave on Full Power for 6-8 minutes, or until softened slightly. Add extra time, if you prefer your veg soft. Allow to stand for 1 minute before serving.

This recipe was tested in a 700W Microwave.