



Food For Thought Recipe and Allergen Card

‘Twice Baked’ Jackets

Ingredient	Hannah Product Code	Quantity
Jacket potatoes(cooked)		
Margarine	C000261	
Grated Cheese	C000485	
Tuna mayonnaise	Tuna – D001443 Mayonnaise – D001650	
Spring onion - Sliced		
Peppers – Diced		
Red Onion – Fine dice		
Baked beans	D002070	

RECIPE METHOD – ALLERGENS

1. Slice the cooked jacket potatoes in half lengthwise
2. Scoop out the cooked potato flesh
3. Mix the potato with a selection of fillings eg, (cheese and onion, tuna mayonnaise and sweetcorn, baked beans and cheese)
4. Put the filling back into the potato skin and bake in the oven at 180°C until piping hot and browned
5. Please note the ingredients used in this dish will affect the allergens present

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...