

# Stuffed potato



## Ingredients (serves 1)

- 1 medium potato (100 g)
- 40 g white fish filet
- 1 crab stick or similar
- 1 teaspoon of yoghurt (option to use lactose-free yoghurt)
- 1 boiled egg white
- Oregano
- Lemon zest

## Method

1. Wash whole potato and place in a microwave-safe container. Add a spoonful of water to the container and cover. Cook at maximum heat for 5-6 minutes. Remove from container and set aside.
2. Cook the fish in the same covered container for 1 minute. Let cool and set aside.
3. Peel the potato and use a spoon to hollow out the centre. Place the removed potato in a bowl and mash with a fork.
4. Add shredded fish and crab stick to bowl. Dress generously with lemon zest, oregano, and a little blended yoghurt. Mix all ingredients together.
5. Fill the hollow in the potato with the mixture and garnish with shredded egg white.

## Recommendations

Cooked carrot can also be added.  
In case of mucositis or trouble swallowing, omit lemon zest.