

Stuffed potato (modified texture)



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 with 4 tablespoons of water. Cover and cook in microwave for 6-8 minutes at maximum heat. Once cooked, put in a blending container, and add a spoonful of yoghurt. Purée until texture is smooth and light. Add water if necessary. Set aside.
2. Cook the fish in the same covered container for 1 minute. Let cool and set aside.
3. In another container, place the shredded fish and crab stick, a spoonful of potato purée, cooked egg white, a little blended yoghurt, and a splash of water. Purée with immersion blender until creamy. Dress with lemon zest and ground oregano.
4. Serve potato purée, making a hollow in the centre for the filling, imitating a stuffed potato.

Recommendations

In case of mucositis or trouble swallowing, omit lemon zest.