



Tasty microwaved stuffed potatoes

Ingredients (serves 1)

1 medium potato

For the mayonnaise stuffing:

1 tbsp mayonnaise

20 g canned tuna fish

A piece of canned roasted red pepper

For the vegetable and Romesco sauce stuffing:

Assorted vegetables (courgette, carrot, onion...)

Romesco sauce

Extra virgin olive oil

Method

1. Wash the potato.
2. Put in the microwave for about five minutes, covered with a small amount of water.
3. Peel and cut the potato in half. Also cut a small bit of the base so the potato can stand on the plate.
4. Empty the potato with a spoon. Keep the two halves.
5. Stuffing 1: In a bowl, add half of the inside of the potato, canned tuna fish and a piece of the canned roasted pepper. Add mayonnaise and mix to obtain a creamy filling.
6. Stuffing 2: Separately cut the vegetables and cook them in boiling water. Once cooked, strain and add the other half of the emptied potato, dress with olive oil.
7. Stuff both halves of the potato with the two combinations. Serve the vegetable stuffed potato dressed with Romesco sauce.