

BAKED POTATOES



with Mike's baked beans



Serves 4



Prep Time
15m



Cook Time
45m

Ingredients

Baked potatoes:

4 large Agria potatoes
Rice Bran oil spray
8 tbsp Mike's baked beans
(see following)
4 eggs
White pepper

Baked beans:

3 slices pancetta (optional)
1 onion, diced
4 cloves garlic, crushed
4 tomatoes, diced
1 tbsp tomato purée
2 tsp dried thyme or fresh
thyme leaves
2 tbsp Dijon mustard
2 tbsp brown sugar
2 cups water

1 x 400 g can chickpeas, drained
and rinsed
1 x 400 g can red kidney beans,
drained and rinsed
1 x 400 g can borlotti beans,
drained and rinsed
1 x 400 g can haricot beans,
drained and rinsed
Pinch salt
White pepper to taste

For potatoes

1. Preheat oven to 180°C.
2. Lightly spray skin of potatoes with oil and place in a baking dish.
3. Cook potatoes in preheated oven for about 30 minutes or until soft.
4. Remove potatoes from oven and cool.
5. Increase oven temperature to 200°C.
6. Slice off top third of each potato and hollow out the larger section, leaving 5 mm of potato flesh on the skin. Set aside potato flesh.
7. Spoon 1 tablespoon of baked beans into each potato case. Break in 1 raw egg then top with another tablespoon of baked beans. Sprinkle removed potato flesh over top and spray with oil. Season with white pepper.
8. Return to oven and bake for 15 minutes until golden.

For baked beans

1. Sauté pancetta in a large heavy-based saucepan.
2. Add onion and garlic and cook until transparent.
3. Add tomatoes, tomato purée, thyme, mustard, brown sugar and water and stir well.
4. Add beans and salt and pepper and cook for about 10–20 minutes until thoroughly heated and sauce is thick.