



# INSTRUCTION CARD - BAKED POTATO

## OVEN METHOD (SERVES 4)

### INGREDIENTS:

800g potatoes  
(approx. 4 medium or 6 if small)  
Canola spray (optional)  
Freshly chopped herbs (optional)

Pepper to taste (optional)  
Grated light cheese and sour cream (optional)

### UTENSILS:

Clean paper towel or cloth  
Fork  
Oven tray or baking dish  
Tongs

### OPTIONS:

- Wrap the potatoes in aluminum foil before baking for softer skins.

### METHOD:

1. Preheat oven to 200°C.
2. Wash and dry the potatoes thoroughly. To do this rinse potatoes well with cool water, being sure to remove any dirt or residue. Pat dry using a clean paper towel or cloth.
3. Using the canola spray, lightly spray the skin of the potatoes (optional).
4. Pierce the potatoes 3 to 4 times with the fork and place onto an oven tray or baking dish.
5. Bake the potatoes for 50 to 60 minutes. Flip the potatoes with tongs every 20 minutes.
6. Pierce the potatoes with the fork to check if cooked through (the fork should be easily inserted and removed). If your potato is not cooked, place back in the oven until fully cooked.
7. Once cooked let the potatoes cool for 5 minutes.
8. Carefully cut the potato across the top and sprinkle with chopped herbs and/or pepper if desired.
9. Eat as is, or top with a filling of your choice such as a small amount of grated light cheese or a dollop of light sour cream.



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