

COMBINING RIGHT RECIPES

Quick Lunches - STARCHES

Jacket Potato with leek and mushroom filling – serves 1

1 large baking potato
1 tbsp extra virgin olive oil
1 small leek, cooked and finely sliced
12 large field mushrooms, washed and sliced
1 tsp potato flour
2 tsp cream
1 tsp balsamic vinegar
a little vegetable stock

preheat oven to 180 C fan bake. Scrub potato and pierce with a fork in several places. Place on oven sheet and bake until done. Heat olive oil in a frying pan and add leek and mushrooms. Fry until just cooked, then add potato flour. Stir until well mixed, then add cream and balsamic vinegar to form a paste. Add vegetable stock to make a thick sauce and pour over potato.