

Raciones para 1

Potatoes

Peppers

Sour sauce

Fennel

Salt and pepper

- 1 To bake the potato, wrap it in film and prick it with a knife. Then put it in the microwave for six minutes. When the potato is cooked, cut the film carefully so as not to burn yourself.
- 2 Remove the skin, make a hole and, with the help of a spoon, take out the inside of the potato so that it is hollow in that part. Save what you take out.
- 3 Mix it with pepper and/or your favorite ingredients and add salt and pepper.
- 4 Stuff the potato with the mixture and put sour sauce on top. For decoration you can use cherry tomatoes and fennel. This way you get a healthy stuffed potato.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/patatas-asadas-rellenas-con-verduras/>

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