



# BAKED POTATO SKINS

## Preparation Time

60 minutes

## Cooking Time

15 minutes

## Serves

6

### Ingredients:

1kg whole Pontiac or Desiree potatoes  
Olive oil  
Sea salt or celery salt  
Freshly ground pepper  
Seasoning

### Nutritional tip:

The skin is the most nutritious part of vegetables.

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THIS**

### Seasoning:

#### Mediterranean Seasoning

Oregano, marjoram, thyme, rosemary, za'atar

#### Middle Eastern Seasoning

Sumac, ground cumin, ground coriander, turmeric, baharat, smoked paprika

#### Mexican Seasoning

Chilli powder or flakes, paprika, cayenne pepper, garlic powder, onion powder, oregano, thyme, cumin

### Preparation:

Bake whole potatoes (skin on) for 45 to 60 minutes or until tender. Remove flesh and use for gnocchi or mashed potato.

Place potato skins back onto the paper lined baking tray and drizzle with olive oil, sea salt, pepper and seasoning of choice.

Bake in oven at 180C for approximately 15 minutes or until potato skins are golden brown and crispy.

Serve with aioli, chipotle mayonnaise, sour cream, guacamole, or tahini and herb yoghurt.