

SUPERFOOD GREENS LOADED SKINS



Ingredients (Serves 5)

- 20 Aviko ¼ Potato Skins
- Some oil for rubbing the potato skins
- 225 g of broccoli florets, coarsely chopped
- 85 g of grated cheddar

Avocado cream:

- 2 garlic cloves
- 40 g of coriander leaves
- 4 tbsp of lime juice
- 4 tbsp of sour cream
- 2 medium avocado
- 4 spring onions, thinly sliced, greens reserved
- 1/2 tsp of salt

Superfood Greens Loaded Skins

Delicious, healthy and vegetarian; this loaded skins recipe will turn heads.

Method

1. Combine spring onion whites, avocado, sour cream, lime juice, coriander, garlic and salt in a food processor and blend the mixture on high until smooth, roughly 30 seconds. Transfer to a bowl, cover and refrigerate whilst preparing the potato skins.
2. Prepare the Aviko Baked Potato Skins following the on pack instructions. Either fry or oven cook (rub with oil).
3. Steam the broccoli for about 3-4 minutes until crisp-tender. Drain the broccoli and set aside to cool. When cooled, toss the broccoli and grated cheese evenly among the potato skins.
4. Return potato skins to oven until cheese is melted, about 5 minutes. Spoon 1 tbsp of the avocado cream on top of broccoli-filled potatoes, then top with scallion greens.



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