

If you
can bake a
potato...

...you can
make a
meal!



hot tip

for best results use a potato
labelled as suitable for 'baking'.
They will be soft and fluffy
when cooked.

a baked
potato



baked beans
(or cream style corn)



a yummy
meal, full of
goodness



Bake your potato

Pierce the skin and cook for 60 minutes
at 200°C in the oven.

OR 3-4 minutes on high in the
microwave *for each potato*.

**Heat your baked beans or cream style
corn** in a saucepan, stirring gently.

OR pour in a bowl and heat on high
in the microwave for 1 minute, stir and
heat for another minute.

Top it off!

Simply pour the beans or cream
style corn over your baked potato.
*One can is enough to top around
four potatoes.*



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