

## Spicy Tuna and Cottage Cheese Jackets

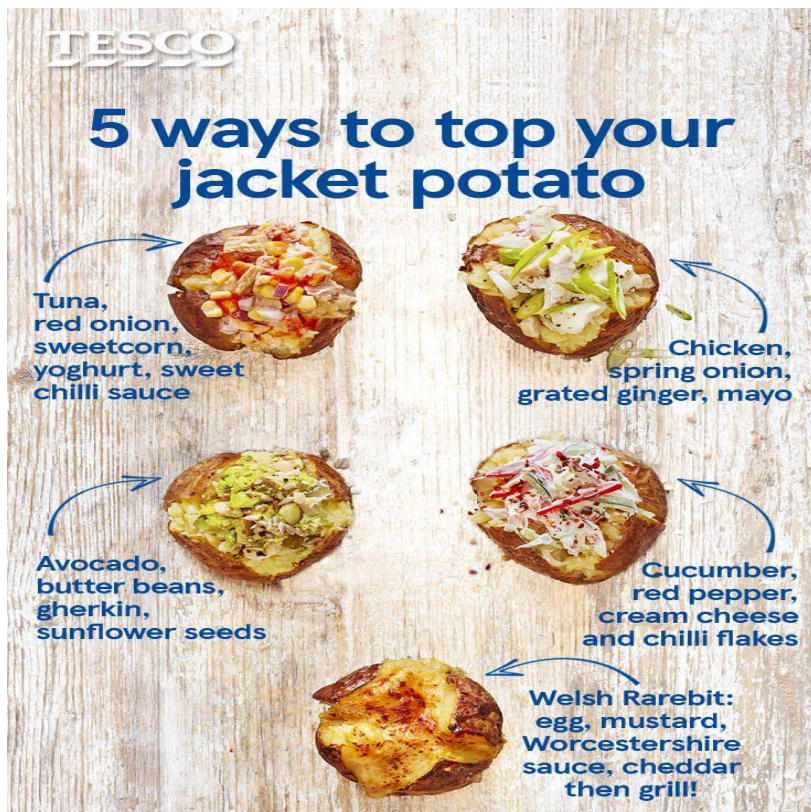
### Ingredients

- 225g can tuna in water or brine, drained
- ½ red chilli, chopped
- 1 spring onion, sliced
- handful halved cherry tomatoes
- ½ small bunch coriander, chopped
- 1 medium-sized jacket potato (or frozen McCain)
- 150g low-fat cottage cheese



### Method

1. Preheat the oven to 180C/Gas 4/fan oven 160C.  
Prick the potato several times with a fork and put it straight onto a shelf in the hottest part of the oven. Bake for approximately 1 hour, or until it is soft inside. (As a quick and healthy alternative, McCain frozen jacket potatoes are a great alternative, and cook in 5 minutes!)
2. Mix tuna with chilli, spring onion, cherry tomatoes and coriander. Split jacket potato and fill with the tuna mix and cottage cheese.



Why not try one of these tasty toppings the next time you have a jacket potato?