

Main
Meal

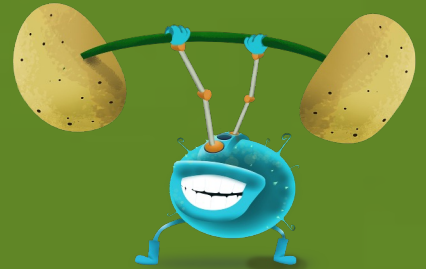
BASHY BUG'S HEDGEHOG BAKED POTATOES



When your child eats these yummy ingredients,
look what they turn into in Rumbledom!



Potatoes =
Chompy Bug's weights



Sweetcorn =
Cooly's Corn-ival drums



Kale =
Cabbage catapult



Ingredients

4 baking potatoes
100g curly kale
160g mini tomatoes
100g grated cheese
2 tbsp of olive oil
2 tsp of soy sauce
4 sweetcorn cobs
½ lemon

Method

1. Cut 1cm slices, part way down into each potato, over ¾ of the potato. Turn the potato 90° and cut again. (see picture). Drizzle olive oil over them and place on a baking tray. Bake at 180° for 30 mins or until potatoes are cooked.

2. Add grated cheese on the potatoes for the last 5 mins to melt.

3. Mix the kale and tomatoes with olive oil, soy sauce and lemon juice. Put in a baking tray and bake at 180° for 15 mins or until the kale is crispy.

4. Bring the sweet corn to boil in a pan of water then simmer for 6-8 mins.

Serves 4
40-60 mins to
prepare and cook.
236 calories/serving
Vegetarian

This has
5g of fibre and
will help feed your
Belly Bugs!

Reference intake:
Fibre 5g
Protein 12g
Carbohydrates 21g