

Mega Big Ben's Next Level

Lasagna Loaded Jacket Potatoes

How to cook them and what to eat them with!

Watch Ben Make This Here

<https://www.youtube.com/watch?v=0pnP80xhZdY>

Go Shop! For 6 people you will need...

Ingredients:

6big baking potatoes



a drizzle of olive oil



sea salt andpepper



500 grams turkey mince



two carrots, diced



red and green pepper



1 big jar tomato sauce



1 big jar white sauce



Grated cheddar cheese



1 large finely chopped onion



mixed dried herbs



Parmesan cheese



Equipment:

An apron



a large pan to cook the sauce



a wooden cooking spoon



a knife



a chopping board



Aluminum Cooking Foil



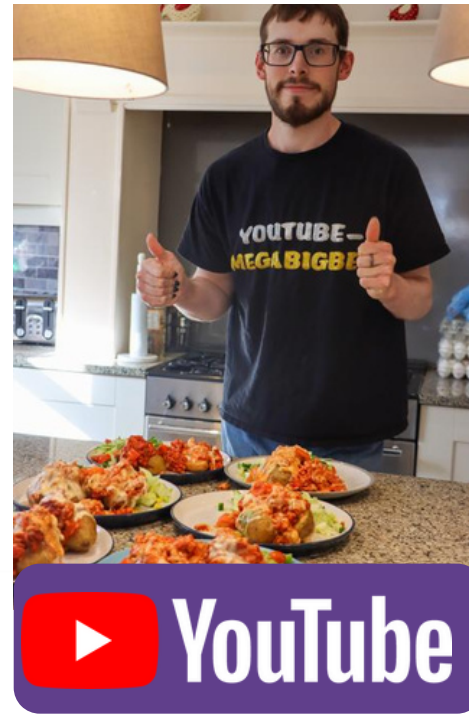
a baking tray

Optional Equipment:

a support worker if you need one



Support



Oven pre heated to 180/gas mark 5



How we are going to cook the potatoes...

Step 1:

Wash your hands! Then start by switching on the oven- pre heat it to 180/gas mark 5. Then wash and dry the potatoes.



Step 2:

Place the potatoes on a baking tray and prick them all over with a fork. Then drizzle a little olive oil over each- spread it over the potatoes using your clean hands



Step 3:

Sprinkle over some crushed sea salt. If you want crispy skins, put the potatoes in the oven at this point...if you like softer skins, wrap them in foil before placing in the oven.

Step 4: Bake the potatoes in the oven for about an hour (for medium potatoes) and one and a half hour for large potatoes.

You can tell if they are cooked by poking them with a knife- if it goes in easily then they are cooked.



And how we are going to cook the lasagna...

Step 1:



Gently fry the chopped onion in a big deep frying pan, then add the turkey mince and cook until browned.

Step 2:

Add the chopped carrots and peppers and cook gently for about 5 minutes. Then add some salt, pepper, a pinch of herbs and the large jar of tomato sauce. Simmer for about half an hour.



Step 3:

Cut the potatoes in half, lay on a baking tray and spoon over some of the lasagna. Then spoon over some of the white sauce. Add the cheeses.



Step 4:

Put the tray under a hot grill to melt and brown the cheeses. Ben recommends eating this with salad and garlic bread. **Enjoy!**

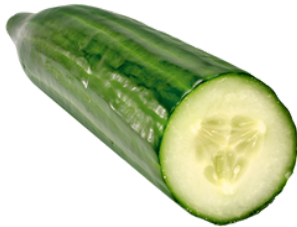
Optional Green salad



Lettuce



Mixed Peppers



Cucumber



Cherry Tomatos



Method

Chop your lettuce peppers cucumber and cherry tomatos and put in Salad Bowl