

# Chilli & Lemon Baked Spuds with Sour Cream

Low Carb dieters look away....or don't. Think about what you are missing out on....Crispy skin, fluffy centred emmalicious parcels with a hit of chilli and the tang of lemon. Not convinced? How about oozing with sour cream and topped with the fresh sharp crunch of green onion? Ok....I think i've got ya! The world's most versatile vegetable at its absolute best. No word of a lie....

Prep time: 10 minutes  
Low Budget

Cooking time: 40 minutes

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Serves as many as you like but today I am going to serve 4

4 large potatoes (I love dutch cream for baking and mashing, preferably organic)

1 tsp of chilli flakes

Grated rind of 1 lemon

Extra virgin olive oil

Sea salt and cracked pepper

4 tbs of sour cream

2 spring onions, chopped

A squeeze of lemon juice

Lemon wedges to serve

Preheat the oven to 200°C

Place the potatoes in a large saucepan of water and bring to the boil. Boil for approximately 10 minutes or until just starting to tenderise. Drain the water off and allow the potatoes to steam dry.

Place the potatoes on a lined baking tray and drizzle with olive oil. Season with salt and pepper and sprinkle with the chilli flakes and 2/3 of the grated lemon rind. Bake in the oven for 30 minutes or until golden brown and crispy.

In a small bowl, combine the sour cream, a squirt of lemon juice and the reserved lemon rind. Mix well.

Remove the potatoes from the oven and holding each potato with a tea towel, cut a cross in the top with a sharp knife. Holding the top of the potato with both hands (with a tea towel cause these babies are hot) gently squeeze

until the flesh of the potato pops out the top. Spoon the sour cream on top of the potato and sprinkle over the green onion. Drizzle a little more extra virgin olive oil and sprinkle with salt and pepper if you like before serving with lemon wedges.