

Tuna mornay loaded potato skins

Serves 4

Prep time: 15 minutes Cooking time: 15 minutes

4 large Pontiac or Desiree potatoes (the ones with deep pink skins)

¼ cup olive oil

½ teaspoon freshly ground black pepper

2 small carrots, peeled and cut into a 1cm dice

1 brown onion, chopped

50g butter

¼ cup plain flour

2 cups milk

2 tablespoons Dijon mustard

1 cup grated tasty cheese

425g tin tuna in brine

¼ teaspoon salt

¼ teaspoon ground white pepper

1 teaspoon paprika

Preheat the oven to 200°C and line a baking tray with baking paper.

Cut the potatoes in half lengthways and drizzle with a little oil. Bake for 30 minutes or until soft enough to scoop. Scoop the flesh out of the potato, leaving about a 1cm thick shell inside the skin. (reserve the scooped out flesh for mashed potato or salmon patties another night) Drizzle with more oil, salt and pepper and bake cut-side up or until brown and crispy on the cut surface.

Change the oven to the griller setting.

Place a chef pan over medium heat. Melt the butter in the pan and add the carrot and onion. Stir for 3-4 minutes until the carrots are starting to soften. Sprinkle the flour over the pan and stir to coat the vegetables well.

Pour in ½ cup milk and stir until it is all incorporated and starting to form a thick, doughy sauce. Add another half a cup and repeat. Add the last of the milk and cook for a minute more, stirring.

Toss in the mustard and cheese and stir until the cheese has melted. Drain the tuna and add to the pan. Break up any huge lumps but don't stir too much after this or the tuna will disintegrate and become mushy. Taste and season with salt and pepper.

Spoon the mornay into the potato skins, piling it up. Sprinkle a little paprika on top of each one and place them back into the oven, under the grill. Grill until golden and bubbling and serve with salad or steamed greens.