

Smoked Trout Jacket Potato



Serves 4 Prep 10 mins

Cooking 40 mins

Easy

Ingredients

250 g smoked trout fillets, skinned and flaked
4 large sweet potatoes
1/2 tbsp olive oil
500 g 0% fat Greek yogurt
3 tbsp fresh chives, finely chopped

1. Preheat the oven to 200C (180C fan) mark 6. Rub sweet potatoes with oil and season with a little salt and pepper. Transfer to a baking tray and cook for 40min or until tender and a knife can easily be pushed through the potatoes.
2. Meanwhile, stir together the yogurt, smoked trout, most of the chives and some seasoning in a medium bowl.
3. When potatoes are ready, cut each in half lengthwise, leaving the base intact, and pile in the trout filling. Garnish with remaining chives and serve with a green salad.