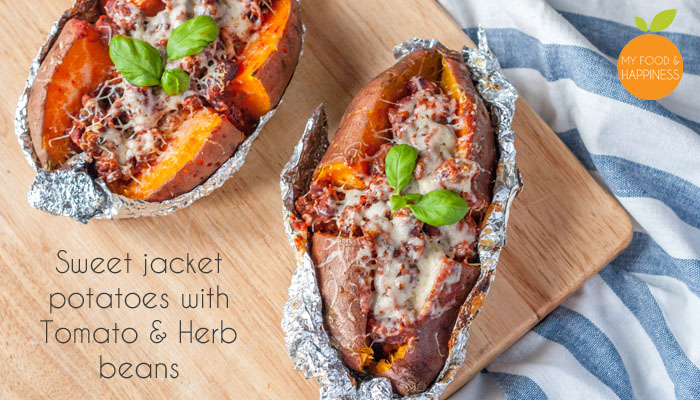
**SWEET JACKET POTATOES WITH TOMATO AND HERB BEANS**

**Prep Time:**10 minutes

**Cook Time:**1 hour, 5 minutes

**Total Time:**1 hour, 15 minutes

**Yield:**2 sweet jacket potatoes



**Ingredients**

* 2 medium-large sweet potatoes (or regular potatoes)
* 1 cup passata (concentrated tomato sauce )
* 1 can (400 g) beans of your choice (try to buy organic without any added salt)
* 1 tbsp dried basil (you can add fresh as well)
* salt and black pepper to taste
* grated cheddar or Parmesan cheese (enough to cover both potatoes)
* 3-5 tbsp extra virgin olive oil

**Instructions**

* Preheat the oven to 220°C/ 430°F. Wash the potatoes clean and dry them, pierce them a few times with a fork.
* Cut 2 large pieces of aluminium foil and drizzle some olive oil in the middle and sprinkle some salt. Put each potato in the middle of the foil and wrap it so there are no gaps.
* Bake in the oven for 1 hour or until they are soft. Meanwhile, heat a pan to a low - medium temperature and add about 3 tbsp of olive oil. Put the beans in the pan and stir for 2-3 minutes. Add the passata, basil, salt and pepper and let it cook for about 5-10 minutes and then turn off the heat and wait until your potatoes are cooked.
* When the potatoes are done, make a cut across and distribute the bean filling equally between the two. Top with some grated cheese and put back in the oven for about 5 minutes or until the cheese has melted.