

CHOOK  
"N"



EASY



Nuke the spud  
til tender.

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Chop up some  
cooked chook

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Get a spear or  
two of asparagus

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and a fresh tomato  
and chop roughly

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Split the spud open  
and fill with the stuff.  
Add a dash of mayonnaise  
or chilli sauce if you're  
trying to impress.

**IDIOT-  
PROOF**



**MEAL**



Nuke the spud  
til tender.

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Split it open and  
pile in the ready-  
made coleslaw.

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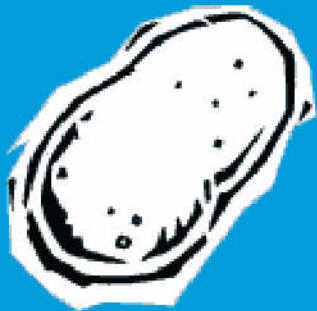


Add a splodge of sour  
cream or a splash of  
chilli sauce if you're  
feeling adventurous.

GIVE 'ER A  
WEDGIE



AND HAVE  
A DIP



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Cut the potato  
into wedges and  
nuke them  
til tender.

Place 'em into a  
plastic bag with a  
splash of oil and  
spices, shake about  
til coated.

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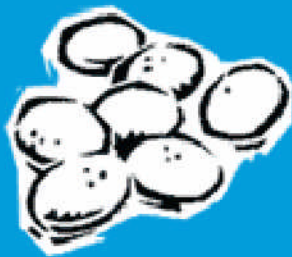


Place wedges under  
the griller til brown.  
Serve with a 4-pack  
of ready made dips.

PIZZA THIS  
AND A



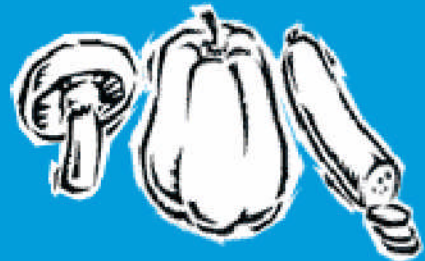
PIZZA THAT



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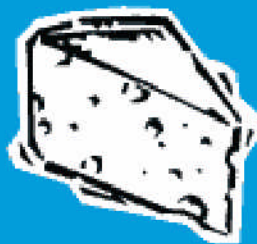


Nuke spuds til  
tender, lay'em  
flat side up.

Spoon on the  
pizza sauce

and the toppings  
of your choice.

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Top with cheese

and grill 'til  
melted and golden.

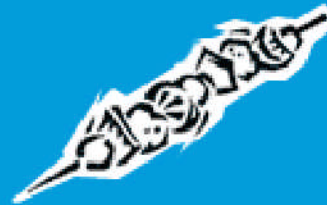
**MEXI -  
GREEK**



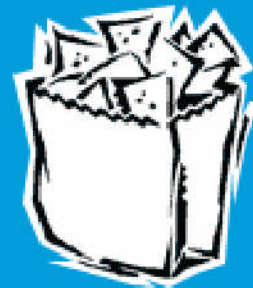
**SPUDATO**



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Prick the spud  
with a fork.  
Nuke the spud  
til tender.

Grill or fry  
kebab til cooked.  
Split the potato  
and place the  
kebab in it.

Serve with a  
dollop of salsa  
and nacho chips.

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# FISH 'N'



# CHIPS



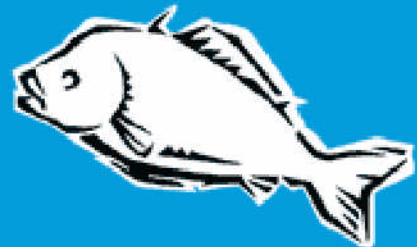
Cut the potato into wedges and nuke them til tender.

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Chuck 'em in a plastic bag with a splash of oil and spices, shake about til they're all coated.

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Put the wedges under the griller til they're golden. Oven bake the fish like it says on the box.

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If it's formal, serve with a blob of tartare or BBQ sauce.

# POTATO

# H T & C



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Nuke the spud  
til tender.  
Split it open and  
shove in the ham,

chopped tomato,

and cheese.

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You can even grill  
it if you're not  
in a hurry.