

A blue circle with a black drop shadow containing the text 'you'll need' in white, lowercase, sans-serif font.

- As many jacket potatoes as you want to eat (medium i.e. can fit in the palm of your hand)
- Olive oil
- Salt and pepper

A yellow circle with a black drop shadow containing the text 'let's cook' in white, lowercase, sans-serif font.

1. Rub the potatoes with the oil and rub in the salt and pepper
2. Prick the potatoes
3. Cook on high for 3/4 hours or until cooked through - timings will depend on your slow cooker so keep an eye on them the first time you cook them.

