

TRANSFORMING THE

Healthcare

EXPERIENCE



Champ Mashed Potatoes



Serves 25 // Preparation/Cooking time: 20 mins

Carbon score



Nutrition Information per portion

Energy: 127 kcal

Sugars: 0.8g

Fat: 6.8g

Fibre: 1.1g

Saturated Fat: 4.2g

Protein: 1.8g

Carbohydrate: 14g

Salt: 0.01g



Champ Mashed Potatoes

INGREDIENTS

- 2kg Potatoes (Peeled)
- 1 Bunch Spring Onion (Washed & Sliced)
- 100ml Cream
- 100ml Milk
- 150g Butter
- Sea Salt/ Black Pepper

METHOD

1. Steam or boil the potatoes until soft.
2. In a pot combine the cream, milk and spring onions and simmer for 2 minutes.
3. Add the potatoes to the cream mix and mix well on a low heat.
4. Add the butter gradually mixing well and correct seasoning.
5. Serve immediately.

Serving Tips/Suggestions

1. The more cream you use the richer the flavour.
2. Grated fresh nutmeg can also be added.
3. Buttermilk can be a nice addition.