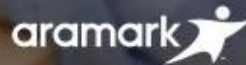


TRANSFORMING THE

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EXPERIENCE

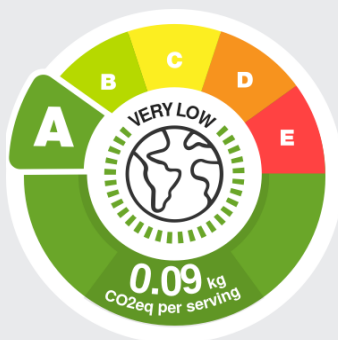


Rosemary Roast Potatoes



Serves 30 // Preparation/Cooking time: 60 mins

Carbon score



Nutrition Information per portion

Energy: 200 kcal

Sugars: 0.8g

Fat: 10g

Fibre: 1.9g

Saturated Fat: 0.7g

Protein: 2.6g

Carbohydrate: 23g

Salt: 0.02g



Rosemary Roast Potatoes

INGREDIENTS

- 4kg potatoes (seasonal)
- 40g fresh rosemary (washed and picked)
- 20g flat parsley (washed and picked)
- Salt & pepper
- 300ml Irish rapeseed oil

METHOD

1. Preheat oven to 190 degrees,
2. Peel potatoes completely and wash thoroughly, cut into even sizes.
3. Place in a pot with water and par boil them for 10 minutes and strain off the water.
4. Combine the Rapeseed Oil, Rosemary & Parsley together and using a stick blender mix until completely smooth.
5. Put oil in ovenware tray and heat up in oven for 10 mins,
6. Remove tray from oven and place the potatoes in tray tossing until oil has coated the potatoes
7. Season with Salt & Pepper and place back in oven for 25-30 minutes or until golden brown in colour.
8. Serve immediately.

Serving Tips/Suggestions

1. Flourey potatoes work the best
2. Try serving with a herb & truffle aioli or freshly grated parmesan