

5+ A DAY POTATO MASH

Serves: 4 as a side
Preparation: 10 minutes
Cooking: 20 minutes

POTATO & KŪMARA MASH

Ingredients

4-6 potatoes, washed & roughly chopped
2 medium kūmara, peeled & roughly chopped
1 tablespoon lite sour cream or butter
¼ cup vegetable stock (more or less for your favourite consistency)
2 tablespoons fresh mint, chopped
Freshly ground black pepper

Method

- Boil the potatoes & kūmara until soft
- Drain & mash with the sour cream & stock until smooth
- Sprinkle over the mint & season with black pepper

POTATO & CARROT MASH

Ingredients

4-6 potatoes, washed & roughly chopped (Agrida, Draga or Ilam Hardy work well)
3 carrots, washed & chopped
1 tablespoon butter
¼ milk (more or less for your favourite consistency)
Freshly ground black pepper

Method

- Boil the potatoes & carrots until soft
- Drain & mash with the butter & milk until smooth
- Season with black pepper

The
5+ A Day
Charitable Trust Est. 2007

Visit www.5aday.co.nz to access all of our recipes, what's in season and nutrition information.

Follow us on social media @5adaynz for fresh inspiration and **great prizes**. Tag us in to your fresh fruit and vegetable photos and use our hashtag #5adaynz



Always wash your hands with soap and warm water for 20 seconds and dry them thoroughly before you start to cook. Wash your fresh fruit & vegetables under running water.