

# TASTY SPINACH MASH

01

- GF, EF, NF, SOYF, SF, VG

## INGREDIENTS

1kg Desiree potatoes  
 20g reduced salt butter  
 1 clove garlic, crushed  
 125g baby spinach leaves  
 300ml cream, warmed

SERVES 12

## NUTRITION INFO

CALORIES

99.3

TOTAL FAT

2.6g

SAT. FAT

1,7g

SODIUM

80mg

TOTAL CARBS

13.5g

FIBRE

1.5g

SUGARS

3g

PROTIEN

3.4g

## METHOD

- 1 Boil, steam or microwave potato until tender then drain.
- 2 Melt the butter in a large frying pan then add and cook garlic and spinach, stirring, until garlic is fragrant and spinach is wilted.
- 3 Blend or process spinach mixture with half of the cream until mixture is pureed.
- 4 Place hot potato in large bowl.
- 5 Mash until smooth, then stir in spinach puree and remaining cream.