



INSTRUCTION CARD - MASHED POTATO

STOVE TOP METHOD (SERVES 4)

INGREDIENTS:

800g potatoes (approx. 4 medium or 6 if small)	1/3 cup milk (not provided) Water Salt and pepper to taste
1 tablespoon margarine (not provided)	

UTENSILS:

Vegetable peeler	Large saucepan
Chopping board	Wooden spoon
Knife	Colander
Teaspoon	Potato masher
Tablespoon	Fork

OPTIONS:

- For additional flavour, you can also add a tablespoon of fresh or dried herbs (e.g. chives or rosemary).

METHOD:

1. Wash the potatoes. Peel (optional) and chop the potatoes into quarters.
2. Place the potatoes in a saucepan and add enough water to cover. Bring to the boil.
3. Reduce heat slightly and cook, stirring occasionally with a wooden spoon, until potatoes are soft and easily pierced by a fork (approximately 20 minutes).
4. Remove from the heat and drain potatoes in colander. Return potatoes to the saucepan and mash using a potato masher until no lumps remain.
5. Add milk and margarine and beat with a fork until smooth and creamy.
6. Distribute mashed potato evenly on to four plates, add other vegetables or toppings and serve.