

Potato, olive & feta mash



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Preparation 20 mins | Cooking 20 mins | Serves 4-6 as a side dish

1 kg brushed potatoes, peeled and chopped
75g butter, chopped and at room temperature
175 mls hot milk
75g pitted Kalamata olives, finely chopped
75g Greek feta cheese, crumbled
extra virgin olive oil, to serve

STEP 1 Bring potatoes to the boil in a medium saucepan of salted water. Reduce heat and gently boil for 10-12 minutes until tender. Drain and return potatoes to pan. Shake pan over low heat for 30 seconds to dry potatoes. Remove from heat and roughly mash potatoes, gradually adding butter and mashing until smooth.

STEP 2 Using a wooden spoon, beat in hot milk until light and fluffy. Season with pepper to taste. Swirl through olives and feta. Spoon into a serving bowl. Drizzle with a little extra virgin olive oil and serve.

Good for you... **POTATOES**

A good reliable source of vitamin C, the vitamin that helps protect the body against infection. Provide dietary fibre in the skin and the flesh. The skin of potatoes helps retain vitamins during cooking and also has higher levels of some antioxidants, which help protect us against some of the damaging effects of ageing.

