

# Potato, black olive & feta mash



## Potato, black olive & feta mash

**Preparation:** about 15 minutes

**Cooking:** about 15 minutes

**Serves:** 4–6 as a side dish

1kg Desiree, Sebago or Spunta potatoes,  
peeled and chopped

75g butter, chopped and at room temperature

175 mls hot milk

Ground black pepper

75g pitted Kalamata olives, finely chopped

75g Greek feta cheese, crumbled

Extra virgin olive oil, to serve

1. Cook potatoes in a saucepan of boiling water for 12–15 minutes or until tender. Drain and return to pan. Shake pan over low heat for 30 seconds to remove excess moisture. Remove from heat.
2. Partially mash potatoes. Gradually mash in butter until smooth. Gradually beat in hot milk until smooth, light and fluffy. Season with pepper to taste. Swirl through olives and feta. Spoon into a serving bowl. Drizzle with extra virgin olive oil and serve.



### 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.