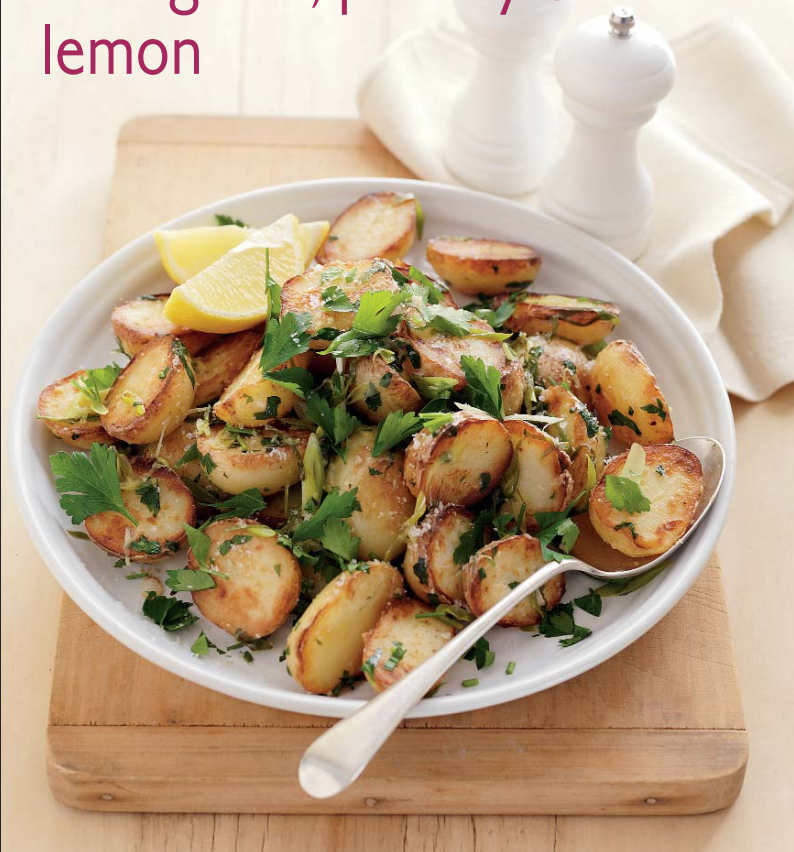


# Pan-fried new potatoes with garlic, parsley & lemon



## Pan-fried new potatoes with garlic, parsley & lemon

**Preparation:** about 15 minutes

**Cooking:** about 20 minutes

**Serves:** 4–6 as a side dish

750g even-sized new (chat) potatoes, washed

¼ cup olive oil

3 green onions (shallots), sliced diagonally

3 garlic cloves, finely chopped

1 tbs lemon juice

½ cup flat-leaf parsley leaves, roughly chopped

Salt and ground black pepper

Lemon wedges, to serve

1. Place potatoes into a large saucepan of water, cover and bring to the boil. Reduce heat and gently boil, uncovered, for 10–12 minutes until just tender. Drain, refresh in cold water and halve potatoes lengthways. Set aside.
2. Heat oil in a large non-stick frying pan over medium-high heat. Add potatoes and cook, turning occasionally, for 5–6 minutes until golden. Add green onions, garlic, lemon juice and add half the chopped parsley. Season with pepper to taste and gently toss to combine. Spoon into a serving bowl, sprinkle with remaining parsley and serve with lemon wedges.



### New (chat) potatoes

- A 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 may give some protection as we age.