

Curly Kale Mash

VITACRESS™

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Love your body™*

Cooking time: 20 minutes
Serves 4-6

Ingredients:

6 large potatoes
120g baby leaf curly kale
50ml milk
1 bunch spring onions, finely sliced
1 knob of butter
Salt & pepper



Method:

Peel the potatoes and cut into small cubes. Boil the potato for 15 minutes, or until soft.

While the potato is boiling, cook the baby leaf curly kale according to instructions on the back of the packaging.

When the potato is cooked, mash it thoroughly then stir in the butter and milk. Season to taste. Stir the baby leaf curly kale and spring onions into mashed potato and season to taste.

Delicious served with sausages, pork chops or steamed fish.