

Pea Shoot Mash

VITACRESSTM

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Love your bodyTM*

Serves 4

Preparation and cooking time: 20 minutes

Ingredients:

- 4 Large Potatoes
- 1 Bunch Spring Onions
- 50g Pea Shoots
- 1 tbsp Butter



Method:

Peel the potatoes and cut into small cubes. Place into a pan of boiling water and cook for 10 – 15 minutes. While the potato is cooking, finely slice the pea shoots and spring onion. Drain the potato and mash until smooth then add the butter. Stir through the spring onion and pea shoots then serve. For added luxury, add a small knob of butter on top of the mash on your plate. Delicious served with lamb chops, grilled sausages or pan fried salmon.