



NEW POTATOES WITH SPINACH

Buttery new potatoes are a fantastic spring side to any dish, this zesty version with lemon, and greens offers a fresh and simple take.

 10 minutes

 40 minutes

 2 portions

INGREDIENTS

- 300 grams of potatoes, new and salad, flesh only, raw
- 1 tablespoon of oil, olive [11 g]
- 11 grams of butter, salted
- 250 grams of spinach, baby, raw
- 1 tbsp of vinegar, balsamic [16 g]

COOKING METHOD

- 1° Put the potatoes in a large saucepan and cover with cold salted water. Bring to the boil, then simmer for 15 mins until they are tender but still hold their shape, and you can insert a cutlery knife easily.
- 2° Drain the potatoes and allow to steam-dry. Heat the oil with 1 tbsp of the butter in a large frying pan over a medium-high heat. Once the butter is foaming, add the potatoes, cut-side down, and fry undisturbed for 5 mins until golden.
- 3° Add the remaining butter along with the spinach, and balsamic vinegar. Stir everything together for a few mins so that the potatoes are coated and the spinach has wilted, then season to taste with salt and black pepper.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (294 g)	% DRI
ENERGY	75 kcal	219 kcal	11 %
PROTEIN	2 g	6 g	12 %
CARBOHYDRATE	9 g	26 g	10 %
SUGARS	1 g	3 g	4 %
FAT	4 g	11 g	16 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	19 %
FIBER	1 g	4 g	16 %
SODIUM	29 mg	84 mg	3 %