



GARLIC AND THYME SMASHED POTATOES

What is there to say.. garlic, thyme and potatoes.. what more could you want from a side dish ;-)

 10 minutes

 50 minutes

 6 portions

INGREDIENTS

- 680 grams of baby potatoes
- 2 tablespoons avocado or olive oil
- 3 cloves garlic, pressed
- 1 tablespoon fresh thyme leaves
- sea salt and freshly ground black pepper, to taste

COOKING METHOD

- 1° Preheat oven to 230 degrees C [Gas Mark 8]. Lightly oil a baking sheet or coat with non-stick spray.
- 2° In a large pan of boiling water, cook potatoes until tender, about 15-20 minutes; drain.
- 3° Place potatoes onto the prepared baking sheet. Using a potato masher or fork, carefully smash the potatoes until flattened but still in one piece. Top with olive oil, garlic and thyme.
- 4° Place into oven and bake for 18-20 minutes, or until golden brown and crisp.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (72 g)	% DRI
ENERGY	303 kcal	218 kcal	11 %
PROTEIN	3 g	2 g	4 %
CARBOHYDRATE	33 g	24 g	9 %
SUGARS	1 g	1 g	1 %
FAT	18 g	13 g	18 %
FATTY ACIDS, TOTAL SATURATED	2 g	2 g	9 %
FIBER	3 g	2 g	9 %
SODIUM	310 mg	223 mg	9 %