



Loaded Sweet Potato Mash

with Greek style cheese, walnuts and mixed veg

Veggie Calorie Smart 30-35 mins

10



Sweet Potato



Potatoes



Tomato



Onion



Rocket



Walnuts



Greek Style Cheese



Italian Herbs



Vegetable Stock



Balsamic Vinegar



Mustard

Pantry Items: Salt, Pepper, Oil, Milk (Optional), Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Baking Sheet with Baking Paper, Colander, Potato Masher

Ingredients

	2P	4P
Sweet Potato	300 g	600 g
Potatoes	200 g	400 g
Tomato	2 units	4 units
Onion	1 unit	2 units
Rocket	40 g	80 g
Walnuts	20 g	40 g
Greek Style Cheese	100 g	200 g
Italian Herbs	½ sachet	1 sachet
Vegetable Stock	1 sachet	2 sachets
Balsamic Vinegar	1 sachet	2 sachets
Mustard	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	477.5 g	100 g
Energy (kJ/kcal)	2020.2 kJ/ 482.9 kcal	423.1 kJ/ 101.1 kcal
Fat (g)	20.3 g	4.2 g
Sat. Fat (g)	9.7 g	2 g
Carbohydrate (g)	59.2 g	12.4 g
Sugars (g)	14.5 g	3 g
Protein (g)	16 g	3.3 g
Salt (g)	2.5 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



You can recycle me!



Cook the Potatoes

- Preheat the oven to 220°C/200°C fan/gas mark 7. Boil a large pot of **water**.
- Chop half the white **potatoes** (double for 4p) and all the **sweet potatoes** into 2cm chunks.
- Add **sweet potatoes**, chopped **potatoes** and **stock** to boiling **water** and cook until fork tender, 15-20 mins.
- Once cooked, drain and return to the pot off the heat. Add a knob of **butter** and some **water** or **milk**.
- Mash until smooth, season to taste with **salt** and **pepper** and cover to keep warm.



Fry the Onion

- Halve, peel and slice the **onion**.
- Return the (now empty) pan to medium-high heat with a drizzle of **oil**.
- Once hot fry the **onion** until softened, 6-8 mins.
- Season with **salt** and **pepper**.



Roast the Tomatoes

- Meanwhile, quarter the **tomatoes**.
- On a lined baking tray, mix the **tomato** with **balsamic vinegar**.
- Season with **salt** and **pepper**.
- Bake in the oven for 10-15 mins.



Mix Everything In

- Mix the **onion**, **mustard**, half the **Italian herbs** (double for 4p) and half the **Greek style cheese** into the pot with the mash.
- Place over a medium heat, and warm until the **cheese** has melted.
- Mix in the roast **tomato** and **rocket**.
- Season to taste with **salt** and **pepper**.



Toast the Walnuts

- Meanwhile, place a medium pan over high heat (no oil).
- Once hot, toast the **walnut** pieces for 1-2 mins, shifting constantly, until golden brown.
- Remove from pan and keep aside.



Garnish and Serve

- Divide the mash between plates.
- Garnish with the remaining **cheese**.
- Finish with a sprinkling of **walnut** pieces.

Enjoy!