

# THIS MONTH, IT'S ALL ABOUT NEW POTATOES

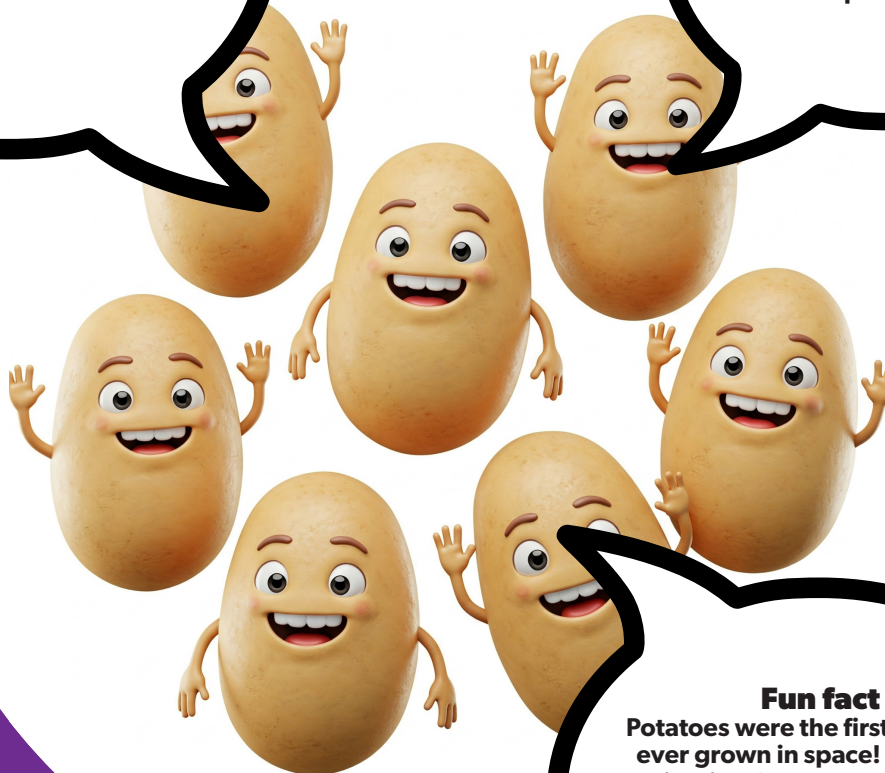
**Simple, Seasonal, Sensational!**

## Did you know?

New potatoes aren't a special type - they're just regular potatoes harvested early while the skin is still thin and the texture is extra soft.

## Why we love them

New potatoes have a tender skin and creamy texture, so there's no need to peel them - just wash and cook for a quick and tasty dish



## Fun fact

Potatoes were the first vegetable ever grown in space! NASA and scientists from Peru grew them aboard the Space Shuttle in 1995 to explore ways of feeding astronauts on long space missions

**TAKE THE FLAVOUR HOME - TRY SOME OF OUR CHEFS'  
FAVOURITE TASTY NEW POTATO RECIPES!**

WE ONLY USE



FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS

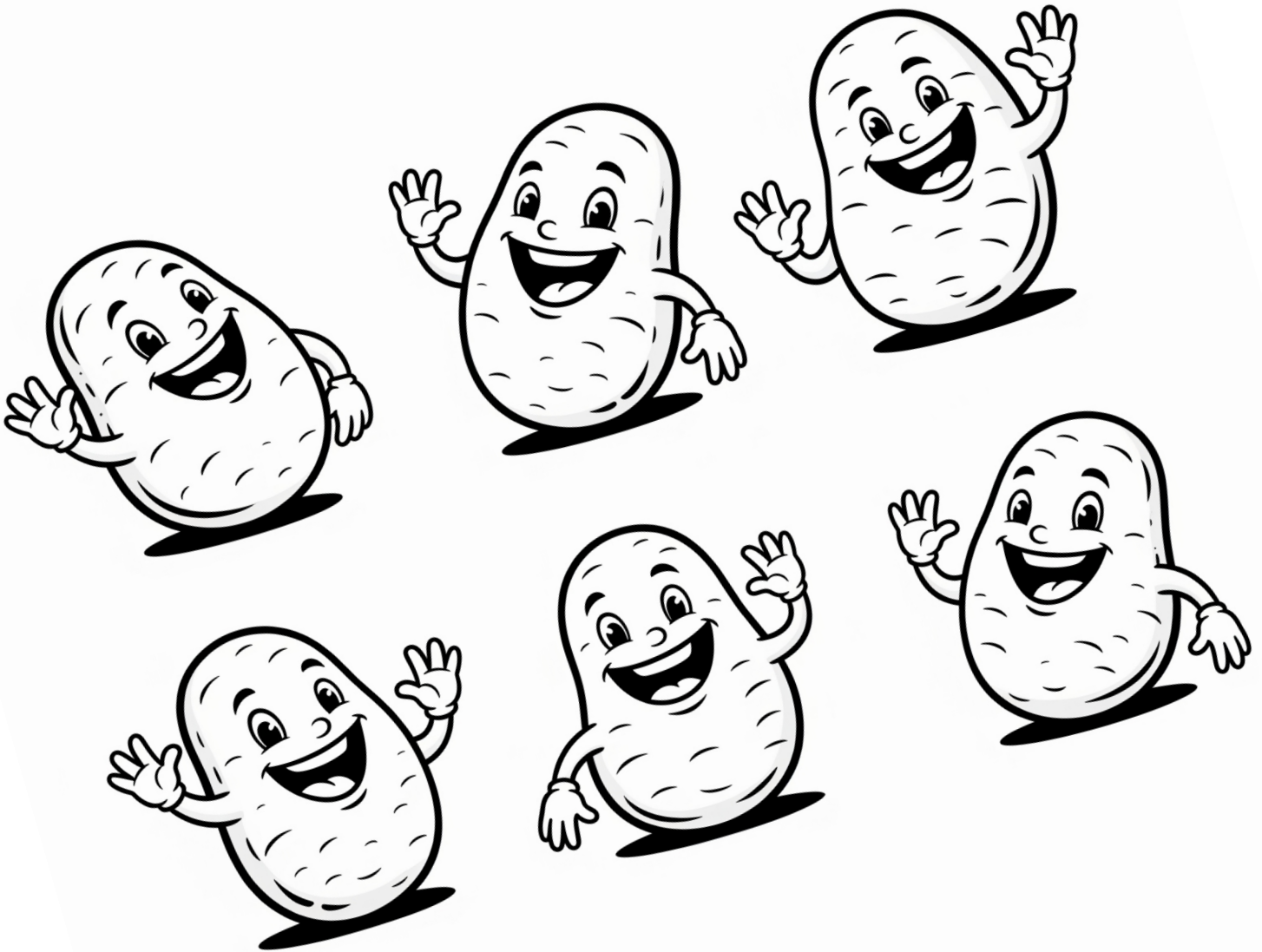


LOCAL FRUIT & VEG



WHOLEMEAL PASTA

**fresh ingredients**  **fresh food**



Colour me...

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# RECIPE

## NEW POTATO, PEA AND MINT SALAD (COLD SALAD)

### INGREDIENTS

- New potatoes - 625g
- Frozen peas - 150g
- Fresh mint (chopped) - a few sprigs
- Low-fat crème fraîche - 125ml
- Salt and pepper - to taste

### METHOD

1. Boil new potatoes until tender, then cool and halve.
2. Cook peas briefly in boiling water, drain and cool.
3. Mix crème fraîche, lemon juice, chopped mint, salt, and pepper in a bowl.
4. Combine potatoes and peas with dressing. Chill before serving.

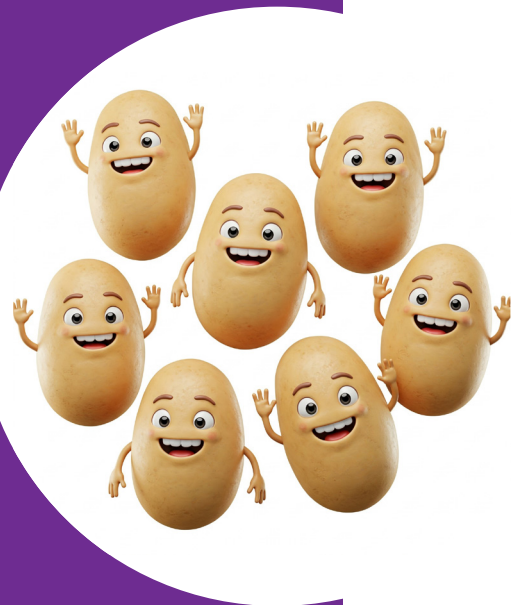
## CHEESY BAKED NEW POTATOES

### INGREDIENTS

- New potatoes (halved) - 625g
- Cheddar cheese (grated) - 150g
- Olive oil - 37ml
- Mixed herbs - ½ tsp
- Salt - to taste

### METHOD

1. Preheat oven to 200°C.
2. Toss halved potatoes in oil, herbs, and salt.
3. Roast for 25-30 minutes.
4. Sprinkle with cheese and return to oven for 5-10 minutes until melted and golden.



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# RECIPE

## MINI NEW POTATO FRITTATAS

### INGREDIENTS

- New potatoes (boiled and sliced) - 500g
- Eggs - 4 to 5
- Milk - 75ml
- Grated cheese - 100g
- Spring onions (chopped) - ¼ bunch
- Oil - for greasing

### METHOD

1. Preheat oven to 180°C. Grease muffin tins.
2. Layer potatoes and spring onions into tins.
3. Whisk eggs, milk, and cheese together.
4. Pour into tins and bake for 20-25 minutes until golden and set.

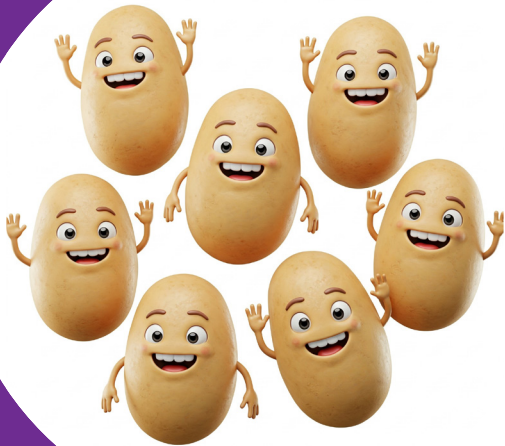
## CREAMY NEW POTATO AND CARROT MASH

### INGREDIENTS

- New potatoes - 500g
- Carrots - 375g
- Butter - 50g
- Milk - 100ml
- Salt - to taste

### METHOD

1. Peel and boil potatoes and carrots until soft (about 20-25 minutes).
2. Drain and mash with butter and milk until smooth and creamy.
3. Season with salt and serve warm.



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# RECIPE

## HERBY NEW POTATO WEDGES

### INGREDIENTS

- New potatoes (cut into wedges) - 625g
- Olive oil - 37ml
- Dried mixed herbs - ½ tsp
- Paprika - ½ tsp
- Salt - to taste

### METHOD

1. Preheat oven to 200°C.
2. Toss potato wedges with oil, herbs, paprika, and salt.
3. Spread on a baking tray and roast for 30-35 minutes, turning halfway.

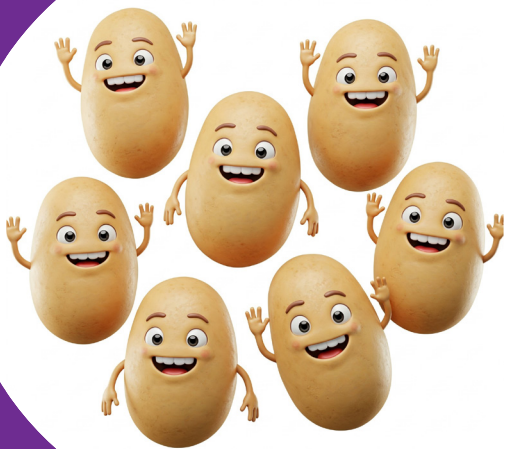
## NEW POTATO AND VEGGIE HASH

### INGREDIENTS

- New potatoes (cubed) - 625g
- Red pepper (chopped) - 1
- Onion (chopped) - ½
- Sweetcorn - 100g
- Olive oil - 37ml
- Garlic - ½ to 1 clove

### METHOD

1. Heat oil in a large frying pan.
2. Cook cubed potatoes until golden and crispy.
3. Add chopped pepper, onion, garlic, and sweetcorn.
4. Sauté for 5-7 minutes until everything is soft and lightly browned.
5. Season and serve warm.



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