

## RUSTIC SMASHED POTATOES LUNCHBOX



**Serving:** 4

**Cooking Time:** Not Specified

**Prep Time:** Not Specified

### INGREDIENTS

- 2 Large Potatoes (360g), with skin

- ½ cup Low Fat Milk or Buttermilk
- Handful of Fresh Rosemary or 2 tsp. Dried Rosemary
- Pinch of Salt & Ground Black Pepper

## INSTRUCTIONS

1. Put the whole unpeeled potatoes in a large pot and add enough water to cover 2. Cover and bring to a boil over high heat 3. Reduce the heat to medium low and simmer until the potatoes are tender when pierced (25 to 30 minutes) 4. Cut the potatoes into chunks and add fresh chopped rosemary or dried rosemary together with ½ cup buttermilk or Low Fat Milk 5. Using a potato masher, mash until mostly smooth and sprinkle with seasoning. Nutritional Analysis Per Serving: 359 kJ Energy 2.4 g Protein 0.7g Fat 15.9 g Carbohydrate 1.4 g Fibre 259 mg Sodium