

TASTE WITHOUT WASTE

Creamy Butter Bean Mash aka Protein Packed Mashed Potatoes

Serves 2-4 as a side.

Ingredients

1 small floury potato
400g can butter beans
5 spring onions, finely sliced
20g butter
15ml milk

Method

Peel and quarter potato. Place in a small pot and cover with cold water. Bring to boil and cook until tender – about ten minutes.

Meanwhile, drain and rinse butter beans. When potato is just tender add butter beans to the pot and bring back to boil. Once boiling, drain, then return beans and potato to pot, along with the spring onions. Cook over low heat, stirring constantly for two minutes.

Transfer to medium sized bowl, along with the butter and mash with a fork or potato masher. Once smooth, fold in milk and season with salt and pepper to taste.

Source: A Taste Without Waste original.

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