

THIS MONTH, IT'S ALL ABOUT NEW POTATOES

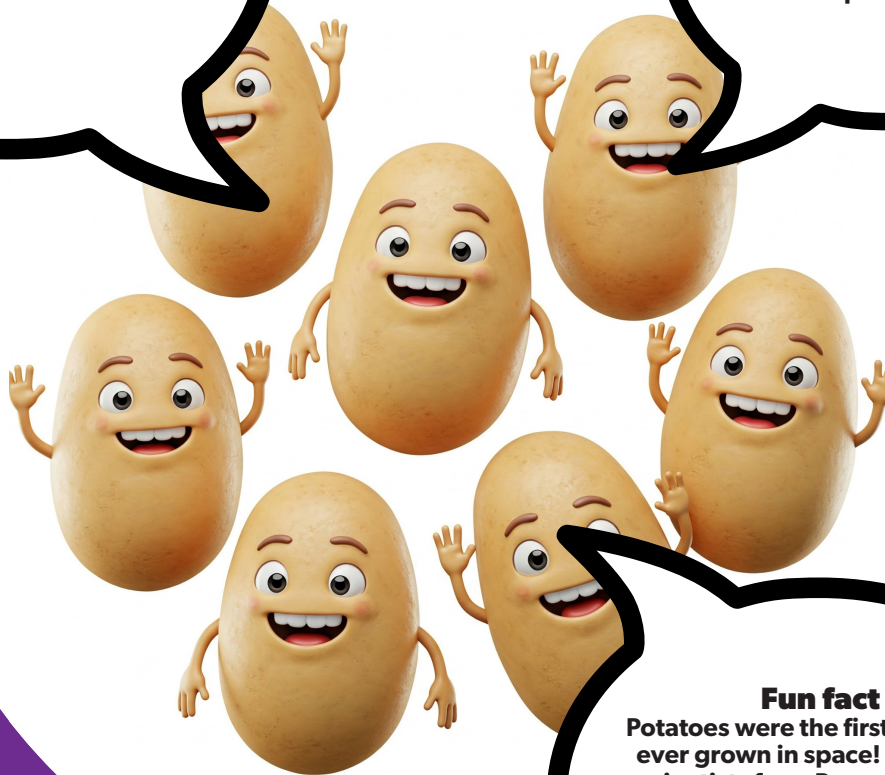
Simple, Seasonal, Sensational!

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

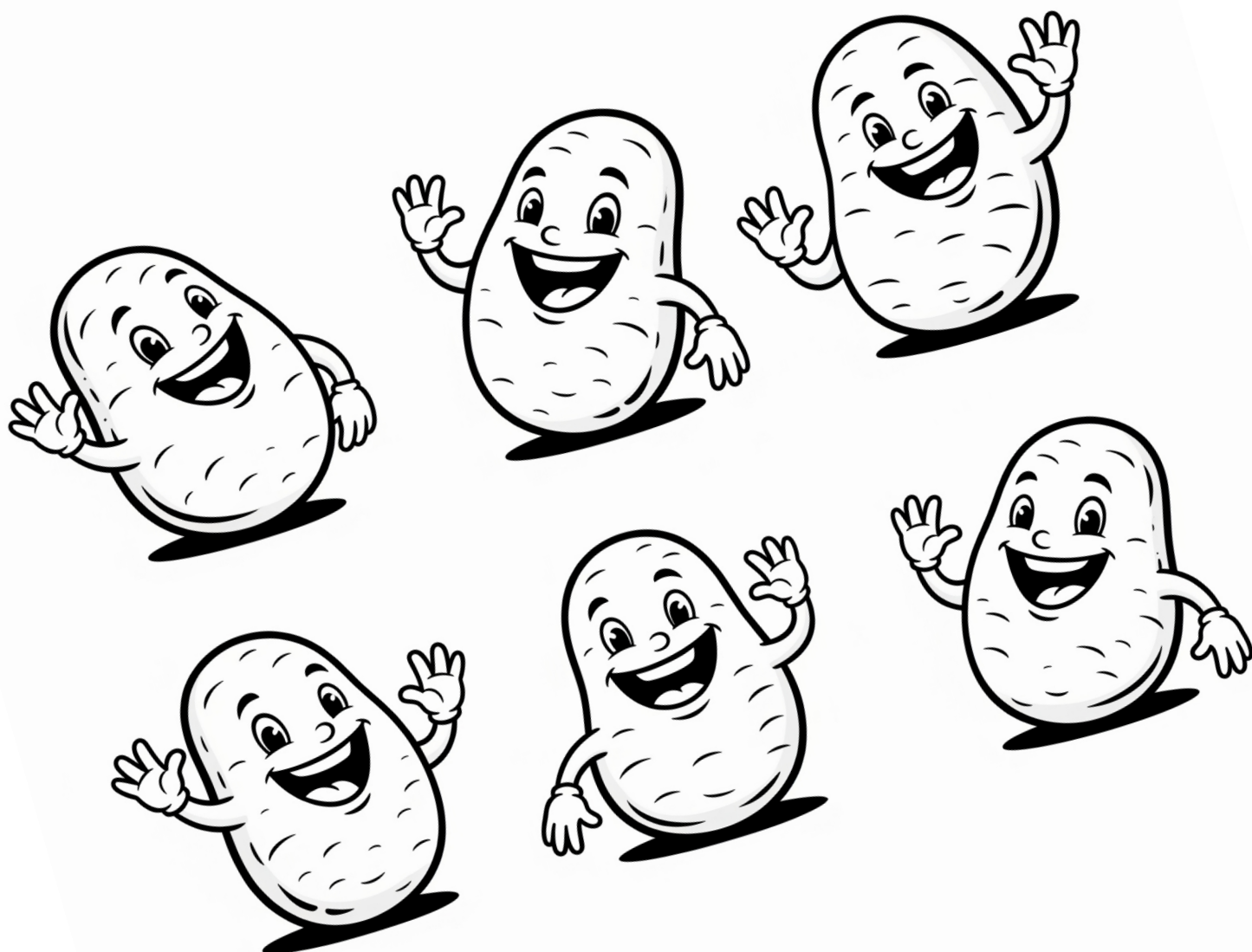


LOCAL FRUIT & VEG



WHOLE MEAL PASTA

fresh ingredients  **fresh food**



Colour me...

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FREERANGE EGGS



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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.

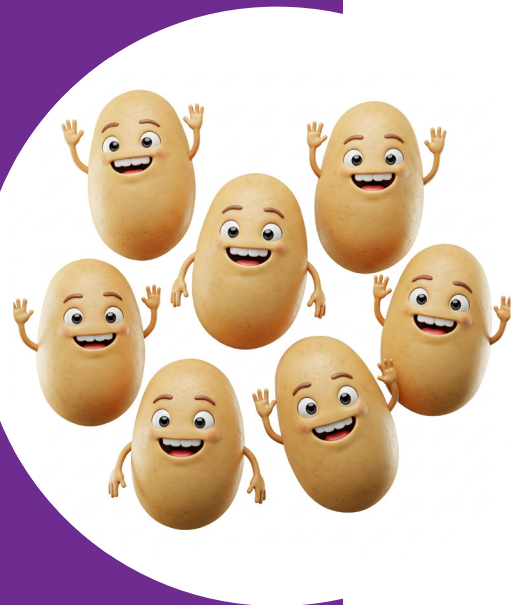
CHEESY BAKED NEW POTATOES

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.

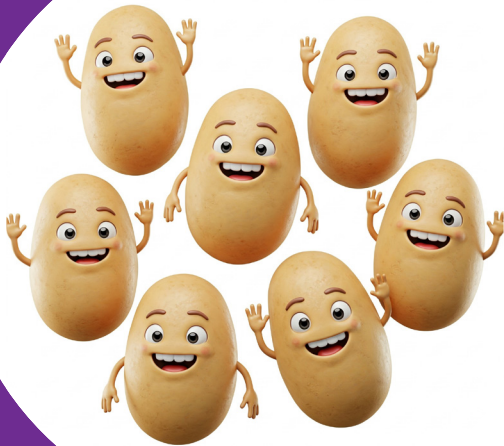
CREAMY NEW POTATO AND CARROT MASH

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.

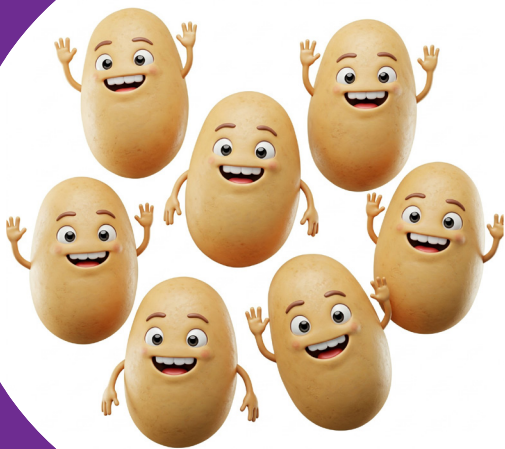
NEW POTATO AND VEGGIE HASH

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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