



Baked mashed potatoes and peas

15'

Hands on

70'

Cook Time

4-6

Portion(s)

1

Difficulty



Method

A different but very tasty way to get your kids to eat their peas!

- Preheat oven to 200* C (390* F) Fan.
- Boil the potatoes in a pot full salted, boiling water. Boil for 12 minutes, until softened. Remove from **pot**, strain and keep warm in a **bowl**.
- Boil the peas in the same way for 3-7 minutes, until softened.
- Remove from pot and strain.
- Add 2 tablespoons of olive oil in a deep **pan** or pot and place over medium heat. Sauté the onion and garlic until slightly golden.
- Add the ham and bouillon cube and sauté for 5 minutes. Add the heavy cream and peas and allow the mixture to cook over medium heat for 2-3 more minutes.
- Season to taste. Remove from heat and add the mint.
- Transfer to a 30x45 cm baking pan or pyrex dish.
- Use a fork to break up the potatoes in the bowl. You want some of them to be mashed but you want some whole pieces of potatoes to remain. You don't want a smooth mash. Add half of the grated cheddar, mix and check seasoning.
- Spread potato mixture over pea mixture in the pan. You don't have to worry about making the top smooth, it's actually nicer to have a more rustique look.
- Top with remaining grated cheddar and breadcrumbs. Bake for 30-40 minutes, until golden.

Tip

Frozen peas hardly need any boiling at all! Fresh peas, depending on the variety, may need quite a bit more time to cook.

Ingredients

- 750 g potatoes, peeled and cut into 1-2 cm cubes
- 1 ½ kilos fresh peas in their pods or 800 g frozen peas
- 1 onion, thinly sliced
- 1 clove of garlic, minced
- 2 tablespoons olive oil
- 100 g smoked ham, cut into 1 cm cubes
- 1 vegetable bouillon cube
- 160 g heavy cream
- salt
- pepper
- ½ bunch fresh mint, finely chopped
- 100 g cheddar cheese, grated
- 1-2 tablespoons breadcrumbs

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|--------------------------|-----------------------------|----------------------------|
| 312 Calories (kcal) | 12.0 Total Fat (g) | 6.1 Saturated Fat (g) | 32.0 Total Carbs (g) |
| 16% | 17% | 31% | 12% |
| 8.1 Sugars (g) | 14.0 Protein (g) | 7.8 Fibre (g) | 0.83 Sodium (g) |
| 9% | 28% | 31% | 14% |