



Volcanic Cheesy Mashed Potatoes with Marinara Lava and Pea Boulders

Kid Friendly 25-30 Minutes • 1 of your 5 a day • Veggie

20A

Find all your unchilled
Market items in bag A.



Potatoes



Garlic Clove



Mature Cheddar
Cheese



Peas



Marinara Sauce

Pantry Items
Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, grater, colander and potato masher.

Ingredients

Ingredients	Quantity
Potatoes	450g
Garlic Clove**	1
Mature Cheddar Cheese** 7)	40g
Peas**	120g
Marinara Sauce	120g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	368g	100g
Energy (kJ/kcal)	1482/354	403/96
Fat (g)	9.0	2.5
Sat. Fat (g)	4.7	1.3
Carbohydrate (g)	57.0	15.5
Sugars (g)	9.7	2.6
Protein (g)	14.0	3.8
Salt (g)	0.82	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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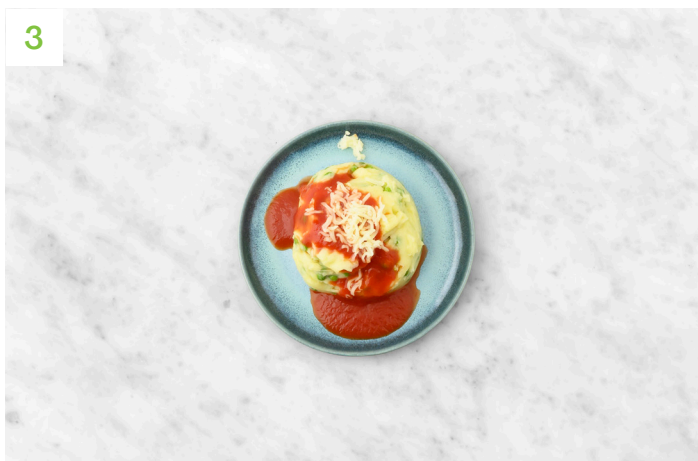
1



2



3



Hello Potato

a) Boil a full kettle. Meanwhile, chop the **potatoes** into 2cm chunks (no need to peel). Peel the **garlic cloves**, keeping them whole.

b) Pour the boiling **water** from your kettle into a large saucepan with $\frac{1}{2}$ **tsp salt**. Add the **potatoes** and **peeled garlic cloves** to the **water**.

c) Cook until you can easily slip a knife through the **potatoes**, 15-18 mins.

Warm your Marinara Lava

a) While the **potatoes** boil, grate the **cheese**.

b) Once the **potatoes** and **garlic** are cooked, drain in a colander and return both to the pan off the heat. Mash until smooth.

c) Once mashed, mix through the **peas**. Taste and season with **salt** and **pepper** if needed. Cover to keep warm.

d) In a small saucepan, heat the **marinara sauce** on medium heat until piping hot, 2-3 mins. Remove from the heat and cover to keep warm.

Create the Volcano!

a) Serve the **mashed potatoes** in the shape of a volcano, creating a shallow hole through the centre to pour the **marinara sauce** into.

b) Sprinkle over the **grated cheese** to finish.

Enjoy!