

Colcannon

Serves 4-6



Ingredients (allergens in bold)

- 1kg potatoes – peeled and cut into even sized chunks
- 50g **butter** or non-dairy hard block
- 200g chopped kale – washed and hard stalks removed
- 3 spring onions – washed and finely chopped
- 100ml **milk** or non-dairy alternative
- salt and pepper

Method

1. Boil the kettle. Place the potato chunks in a large pan and cover with boiling water. Bring the pan back to the boil on a high heat and then simmer until the potatoes are very soft all the way through.
2. Drain the potatoes through a colander over the sink, return to the pan and cover with the lid to keep warm.
3. Melt the butter in a frying pan and add the chopped kale. Stir fry for 3-4 minutes until the kale is wilted. Add the chopped spring onions and cook for another minute.
4. Mash the potatoes with the milk and return to a low heat to warm it through.
5. Add the buttery greens to the potatoes and mix in.
6. Taste the colcannon and season with salt and pepper to taste.



Equipment

- sharp knife
- potato peeler
- chopping board
- kettle
- large pan with lid
- frying pan
- colander
- wooden spatula
- potato masher

Recipe notes and tips

- Use a variety of potatoes suitable for mashing, for example starchy varieties like Desiree and Maris Piper.
- Buttery mashed potato with greens is great served with stews and casseroles.
- This is a traditional Irish recipe.