

Microwave Mashed Potato

✓ Microwave only



Equipment:

- Bowl
- Fork
- Tin opener if not using ring pull tins

Ingredients for 1 portion:

- ½ small tin of potatoes
- A splash of milk (dairy or dairy-free)
- Optional: splash of oil or butter
- Seasoning of your choice
- e.g. salt, pepper, dried herbs

Steps:

1. Open the tin and pour the potatoes and water into a bowl
2. Microwave on a high heat for 5 minutes
3. Carefully take the bowl out of the microwave, and tip out the water
4. Use the fork to mash the potatoes, then add a splash of milk and oil or butter if using
5. Add seasoning of your choice and enjoy!
6. Tip: goes well with baked beans

- ✓ Halal
- ✓ Gluten-free
- ✓ Dairy-free
- ✓ Vegan