

# Fruit & Vege Co-op



## Potatoes

STORAGE	PREPARATION
Store potatoes in a cool, dark, dry place.	<ul style="list-style-type: none"><li>- Scrub under water and cut potatoes into pieces or leave smaller potatoes whole.</li><li>- There is no need to peel the potatoes unless mashing.</li></ul>
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none"><li>- Mash boiled potato with boiled pumpkin or kumara and a little milk.</li><li>- For homemade potato chips brush sliced potatoes with a small amount of oil and sprinkle with dried herbs if desired. Roast in oven until golden brown.</li><li>- Bake potatoes in the oven, slice tops and remove inner filling. Combine with corn kernels, low fat sour cream and ham and stuff mixture in potato skins. Bake in oven to heat through.</li></ul>	<ul style="list-style-type: none"><li>- Add cubes of potato to casseroles, curries and stews at the beginning of cooking.</li><li>- Roast with other vegetables such as pumpkin and kumara for a roast vegetable salad.</li><li>- Top a basic mince mixture with mashed potato and sprinkle low fat cheese, grated, on top. Bake in oven to make a Shepherd's Pie.</li></ul>

### COOKING

- Boil in water covered for about 8 minutes or until just tender, depending on size of the pieces.
- Steam over a pot of boiling water for 10 minutes.
- Microwave potatoes with a little water in a covered dish for about 8 minutes, depending on size.
- Lightly brush potatoes with 1 Tbsp oil and roast at 200°C for 30-45 mins, or until tender and brown.

### RECIPE: Potato and Vegetable Curry (Serves 5)

Source: *Everyday Meal and Snack Ideas*

- 1 Tbsp oil
- 1 Tbsp curry powder
- 1 clove crushed garlic
- 2 onions, chopped
- 1 tin (400g) tomatoes
- 3-4 potatoes, peeled and chopped
- 1 cup water
- Pinch of pepper

1. Heat the oil in a saucepan and add the curry powder and garlic.
2. Add onion and fry until soft.
3. Add the tomatoes, potatoes, water and pepper.
4. Bring the mixture to the boil then turn the heat down. Cover with a lid and simmer for 30mins or until the potatoes are soft. Serve with rice.

### Variations

- Use pumpkin, kumara, taro or yams instead of potato.
- Add additional vegetables such as silverbeet, broccoli or cauliflower to pot 10 minutes before curry is ready.
- Add canned and drained lentils or chickpeas 10 minutes before curry is ready.
- Add meat to the curry: cut into small pieces and brown in the pan after step one.

All recipes are available on our website by visiting [www.rph.org.nz](http://www.rph.org.nz) > Nutrition > Fruit and Vege Co-op

