

# SMASHED POTATOES

**Time: 20 minutes**

**Serves: 4**

### Ingredients:

40g cold-pressed avocado oil  
100g yellow onion - diced  
3 cloves garlic - chopped  
700g baby potatoes or potato chunks (boiled and cooled)  
6g salt  
0.5g fresh ground black pepper  
4 green onions - sliced

### Preparation:

Place a large frying pan on medium-high heat. Add the oil.

When the oil is hot, add the onions, stirring often for one minute.

Add the garlic, stirring for another minute.

Add the potatoes, roughly mashing with a potato masher or fork.

Sprinkle with salt and pepper.

Toss the potato mixture occasionally until lightly browned (approximately five minutes).

Remove from heat, garnish with green onion and serve immediately.

### Nutritional Information Per Serving:

Calories: 249  
Fat: 10g  
Carbs: 38g  
Fibre: 4g  
Protein: 3g