

Dinner

RECIPE CARD

Cheese & Potato Bake (serves 4)

RECIPE NAME

Dinner

MEAL TIME

15 minutes

PREP TIME

30 minutes

TIME TO COOK

Add bacon to this recipe for a salty meaty taste.

NOTES

Approx 450kcal per serving

CALORIES

INGREDIENTS

- 900g potatoes (*peeled and cut into small pieces*)
- 250g extra mature Cheddar cheese (*grated*)
- 2 eggs
- 1 large onion
- Garlic powder
- Light butter to mix
- Splash of semi-skimmed milk to mix
- 2 tsp English mustard powder
- Salt and pepper to taste

METHOD

- ☆☆☆ Finely chop the potatoes and bring to a boil until soft.
- ☆☆☆ Chop and fry the onion and add garlic powder to taste.
- ☆☆☆ Drain the potatoes and place in a large bowl, then add the milk and butter to help mash to a creamy consistency.
- ☆☆☆ Add the fried onions and half the grated cheese, and season with salt and pepper to taste.
- ☆☆☆ Grease an ovenproof dish with low-calorie cooking spray and transfer the mixture into the dish.
- ☆☆☆ Sprinkle half of the grated cheese on top.
- ☆☆☆ Cook in an oven until the top is slightly golden and crispy