



The Gathered Green

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# GARLIC PUMPKIN MASHED POTATOES WITH SPINACH

Thank you to ohsheglows.com for this recipe and picture.

*Serves 5 to 7*

## Ingredients

- 6 medium potatoes (white or sweet potato), peeled and roughly chopped
- 1 small butternut pumpkin, peeled and roughly chopped.
- ½ tablespoon olive oil
- 2 cloves garlic, minced
- Two handfuls of baby spinach, stems removed and roughly chopped
- ½ cup almond milk
- 2 tablespoons butter
- 1.5 teaspoons sea salt, to taste
- Freshly ground black pepper, to taste
- Paprika, for garnish.





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## Method

Bring two medium pots of water to boil over high heat. Cook potatoes in one pot for 18 to 22 minutes, or until fork tender. Cook pumpkin in other pot for approximately 15 minutes, or until fork tender.

Drain both potatoes and pumpkin and place in a large bowl.

Meanwhile, heat olive oil over low heat in a skillet and sauté garlic for about 1 minute, careful not to burn.

Mash potato and pumpkin in bowl until smooth.

Mix in spinach, butter, garlic, almond milk, black pepper and salt.

Garnish with a sprinkle of paprika

Enjoy!

Jane

