

## Spiced Smashed New Potatoes

Using a meat mallet to crack or smash the potatoes helps to break the skin enough for the flavour to get to the meat of the potato. Cooking the potatoes on the stove helps give a golden colour and added crunch appeal to the potatoes.

1 lb (500 g) new mini Ontario potatoes  
1/4 cup (50 mL) extra virgin olive oil  
1/4 cup (50 mL) chopped fresh Italian parsley  
1 long hot chili pepper, chopped  
1 tbsp (15 mL) coriander seeds  
2 tsp (10 mL) chopped fresh thyme  
2 tbsp (25 mL) chopped fresh coriander  
1/2 tsp (2 mL) coarse salt

Using flat side of meat mallet, crack each potato to break the skin.



In large shallow Dutch oven, add oil and heat over medium low heat. Add potatoes, parsley, chili pepper, coriander seeds and thyme. Cover and cook, stirring frequently, for about 30 minutes or until potatoes are tender and golden.

Add fresh coriander and salt and stir to combine before serving.

Per serving: 210 calories, 3 g protein, 14 g fat, 17 g carbohydrates, 3 g fibre, 250 mg sodium, 660 mg potassium

Excellent Source of Vitamin C, Source of Vitamins B1 and B3, Source of Fibre, Source of Iron