

SMASHED NEW POTATOES WITH LEMON PESTO

There are so many ways to serve these potatoes—here's mine. You can also enjoy this recipe with sweet potatoes but, rather than boiling, I would cut them into new potato-size chunks and lightly steam before smashing and roasting. If you've reintroduced hard cheese already, feel free to grate some over.

SERVES 4 TO 5

PREP TIME:

20 MINUTES

COOK TIME:

40 MINUTES

POTATOES

1½ lb (675 g) new potatoes, washed but unpeeled

Pinch sea salt

2-3 tablespoons (30-45 ml) avocado or coconut oil

Grated Parmesan cheese (optional) (Stage 3)

PESTO

Zest of 1 lemon

2 tablespoons (30 ml) lemon juice

¾ cup chopped fresh chives

1 packed cup chopped fresh curly parsley

2 tablespoons chopped fresh tarragon

¾ packed cup chopped fresh dill

1 clove garlic, minced

1 tablespoon capers, rinsed

¾ cup (125 ml) extra virgin olive oil

To make the potatoes, put them in a large pan of boiling salted water and simmer for 12 to 15 minutes until tender when pierced with a knife. Alternatively, steam them. Drain and leave to cool for 5 minutes. Preheat the oven to 425°F (220°C, or gas mark 7). Line 2 rimmed baking sheets with parchment paper. Place the potatoes onto the baking sheets, leaving a gap between each one. Using a potato masher or back of a fork, press down on each potato to smash it to ½ inch (1 cm) in height. Drizzle over the oil and sprinkle with salt. Place the baking sheet in the oven and bake for 30 minutes, or until crispy and golden. Meanwhile, make the pesto. Place the lemon zest and juice, chives, parsley, tarragon, dill, garlic, capers, and oil in a blender or food processor. Blitz until chunky. Remove the potatoes from the oven and serve hot with the pesto and grated Parmesan.