

Jenny's

POTATO

RECIPES

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RECIPES

Mashed,
Roasted,
Fried &
Beyond!

THE
WORLD
IS BETTER
WITH
POTATOES

Chef
Jenny

JENNY RADER-BAKOS

Crispy Garlic Herb Roasted Fingerlings



Prep Time: 10 mins | **Cook Time:** 30 mins

Total Time: 40 mins

Servings: 4

Calories: 185 kcal

Macros: Fat 7g | Carbs 28g | Protein 3g | Fiber 4g

INGREDIENTS

- 1.5 lbs (680g) Fingerling potatoes, washed and halved lengthwise
- 2 tbsp (30ml) Extra virgin olive oil
- 4 cloves Garlic, finely minced
- 1 tbsp (15ml) Fresh rosemary, finely chopped
- 1 tbsp (15ml) Fresh thyme leaves
- 1/2 tsp (2.5ml) Sea salt
- 1/4 tsp (1.25ml) Freshly cracked black pepper
- 1 tbsp (15ml) Fresh flat-leaf parsley, chopped (for garnish)

PREPARATION

- **1. Prep & Safety:** Preheat your oven to 425°F (220°C) and lightly grease a large rimmed baking sheet with a splash of oil. Preheating the baking sheet directly in the oven for 5 minutes before adding the potatoes will prevent sticking and guarantee an extra-crispy crust.
- **2. Mixing & Texture:** In a large mixing bowl, combine the halved fingerling potatoes, olive oil, minced garlic, rosemary, thyme, salt, and pepper. Toss vigorously until the potatoes are thoroughly coated and the cut sides look glossy and saturated with herbs.
- **3. Forming/Cooking:** Arrange the potatoes in a single layer on the hot baking sheet, ensuring they are all turned cut-side down. Spacing them out rather than crowding them ensures they roast beautifully instead of steaming.
- **4. Timing & Cues:** Roast for 25 to 30 minutes. Around the 20-minute mark, check to see if the undersides are a deep golden brown and slide a spatula underneath to flip them so the skin side gets crispy too.
- **5. Cooling & Removal:** Remove the baking sheet from the oven and let the potatoes rest on the hot pan for 3 minutes. This brief cooling period allows the steam to release, making it easier to lift them off the pan without losing their crispy skin.
- **6. Serving:** Transfer the roasted fingerlings to a warm serving bowl, garnish with fresh chopped parsley and an extra pinch of flaky salt. Serve immediately while they are hot, crackly, and fragrant!

Velvet Creamy Vegan Potato Leek Soup



Prep Time: 15 mins | **Cook Time:** 25 mins

Total Time: 40 mins

Servings: 4

Calories: 245 kcal

Macros: Fat 8g | Carbs 38g | Protein 5g | Fiber 5g

INGREDIENTS

- 3 large (approx. 450g) Leeks, white and light green parts only, washed and sliced
- 1.5 lbs (680g) Yukon Gold potatoes, peeled and diced
- 2 tbsp (30ml) Olive oil
- 4 cloves Garlic, minced
- 4 cups (960ml) Low-sodium vegetable broth
- 1 cup (240ml) Unsweetened almond milk or cashew milk
- 1 tsp (5ml) Fresh thyme leaves (or 1/2 tsp dried thyme)
- 1 bay leaf Bay leaf
- 1 tsp (5ml) Sea salt, adjust to taste
- 1/4 tsp (1.25ml) Black pepper, freshly ground
- 1 tbsp (15ml) Lemon juice, fresh

PREPARATION

- 1. **[Step 1: Prep & Sauté]:** Heat the olive oil in a large pot over medium heat. Add the sliced leeks and minced garlic, sautéing for about 8 to 10 minutes until they are soft and translucent, but not browned, to preserve the soup's delicate light color.
- 2. **[Step 2: Aromatics & Potatoes]:** Add the diced Yukon Gold potatoes, thyme, bay leaf, salt, and black pepper to the pot. Stir well to coat the vegetables in the oil and release the fragrance of the herbs.
- 3. **[Step 3: Simmering]:** Pour in the vegetable broth, making sure the liquid completely submerges the potatoes so they cook evenly. Bring the mixture to a boil, then reduce the heat to low, cover, and let simmer for 15 to 20 minutes until the potatoes are fork-tender.
- 4. **[Step 4: Blending]:** Remove the pot from the heat and discard the bay leaf. Use an immersion blender directly in the pot (or carefully transfer the mixture in batches to a stand blender) and blend until absolutely silky, smooth, and free of lumps.
- 5. **[Step 5: Incorporating Creaminess]:** Stir in the unsweetened plant milk and fresh lemon juice. Return the pot to low heat for 2 to 3 minutes, stirring constantly, just to heat the soup through without letting it come to a boil.
- 6. **[Step 6: Serving]:** Ladle the warm, velvety soup into bowls. Top with chopped fresh chives, a drizzle of olive oil, and extra cracked black pepper, and enjoy this comforting bowl of warmth!

Spicy Loaded Sweet Potato Skins with Cashew Sour Cream



Prep Time: 20 mins | **Cook Time:** 50 mins

Total Time: 70 mins

Servings: 4

Calories: 310 kcal

Macros: Fat 12g | Carbs 43g | Protein 9g | Fiber 8g

INGREDIENTS

- 4 medium (about 1.5 lbs / 680g) Sweet potatoes, scrubbed clean
- 1 tbsp (15ml) Olive oil
- 1 tsp (5g) Chili powder
- 1/2 tsp (2.5g) Smoked paprika
- 1 cup (240g) Canned black beans, rinsed and drained
- 1/2 cup (75g) Sweet corn kernels, fresh or thawed
- 1 medium (15g) Jalapeño pepper, thinly sliced
- 1/2 cup (60g) Raw cashews, soaked in hot water for 30 minutes and drained
- 3 tbsp (45ml) Water
- 1 tbsp (15ml) Lemon juice
- 1 tsp (5ml) Apple cider vinegar
- 1/4 cup (10g) Fresh cilantro, chopped for garnish
- 1/2 tsp (3g) Sea salt, divided

PREPARATION

- 1. **[Step 1: Prep & Roast]:** Preheat your oven to 400°F (200°C). Pierce the sweet potatoes several times with a fork so steam can escape, then roast them directly on the oven rack for 40 to 45 minutes until tender.
- 2. **[Step 2: Blend the Cream]:** While the potatoes roast, prepare the cashew sour cream. In a high-speed blender, combine the soaked cashews, water, lemon juice, apple cider vinegar, and a pinch of salt; blend until completely smooth, silky, and free of grit.
- 3. **[Step 3: Scoop & Season]:** Allow the potatoes to cool slightly, then cut them in half lengthwise. Carefully scoop out the flesh, leaving a 1/4-inch (6mm) thick shell so the skins keep their shape and don't collapse.
- 4. **[Step 4: Crisp the Skins]:** Brush the inside and outside of the potato skins with olive oil. Sprinkle the insides with the chili powder, smoked paprika, and a pinch of salt. Place them cut-side up on a baking sheet and bake for 10 minutes until the edges are crispy and golden.
- 5. **[Step 5: Load & Warm]:** Fill the crispy skins evenly with black beans, corn, and jalapeño slices. Return them to the oven for 5 to 7 minutes until the filling is heated through and the peppers are fragrant.
- 6. **[Step 6: Drizzle & Serve]:** Arrange the loaded skins on a serving platter. Drizzle generously with the cashew sour cream and scatter fresh cilantro over the top. Serve immediately while hot and delightfully crunchy!

Crispy Cajun Potato Wedges



Prep Time: 10 mins | **Cook Time:** 20 mins

Total Time: 30 mins

Servings: 4

Calories: 185 kcal

Macros: Fat 5g | Carbs 32g | Protein 4g | Fiber 3g

INGREDIENTS

- 4 large (approx. 800g / 1.7 lbs) Russet potatoes, washed and cut into even wedges

- 1 tbsp (15ml) Olive oil

- 1 tbsp (8g) Cajun seasoning blend

- 1/2 tsp (1.5g) Garlic powder

- 1/2 tsp (1.5g) Onion powder

- 1/2 tsp (3g) Fine sea salt

- 1/4 tsp (0.5g) Freshly cracked black pepper

- 1 tbsp (4g) Fresh flat-leaf parsley, finely chopped (for garnish)

PREPARATION

- 1. Prep & Soak:** Cut each potato in half lengthwise, then slice each half into 3 or 4 equal-sized wedges. Soak the wedges in a large bowl of cold water for 10 minutes to draw out excess starch, which ensures they get maximum crispiness in the air fryer.
- 2. Dry Thoroughly:** Drain the wedges and pat them completely dry with a clean kitchen towel or paper towels. Ensuring they are dry is crucial, as any residual moisture will steam the potatoes instead of crisping them.
- 3. Season & Coat:** In a large dry bowl, toss the potato wedges with the olive oil until evenly coated. Sprinkle the Cajun seasoning, garlic powder, onion powder, salt, and black pepper over the wedges, tossing well so the spices cling to the oiled surface.
- 4. Arrange in Basket:** Preheat your air fryer to 400°F (200°C). Arrange the seasoned wedges in the air fryer basket in a single layer, ensuring they do not overlap too much so the hot air can circulate freely around each wedge.
- 5. Air Fry & Shake:** Cook at 400°F (200°C) for 18 to 22 minutes. Shake the basket gently halfway through cooking to redistribute the wedges. They are ready when the edges are deeply golden-brown, crispy to the touch, and the centers are tender when pierced with a fork.
- 6. Cool & Serve:** Transfer the hot wedges to a serving platter, scatter the fresh chopped parsley over the top, and let them cool for 2 minutes so the exterior firms up. Serve immediately with your favorite dipping sauce!

Slow Cooker Coconut Potato & Chickpea Curry



Prep Time: 15 mins | **Cook Time:** 240 mins

Total Time: 255 mins

Servings: 6

Calories: 320 kcal

Macros: Fat 14g | Carbs 42g | Protein 9g | Fiber 8g

INGREDIENTS

- 3 medium (approx. 450g) Russet potatoes, peeled and cubed into 1-inch (2.5cm) pieces
- 1 can (15 oz / 425g) Chickpeas, drained and rinsed
- 1 medium (approx. 150g) Yellow onion, finely chopped
- 3 cloves Garlic, minced
- 1 tbsp (15g) Fresh ginger, grated
- 1 can (13.5 oz / 400ml) Light coconut milk
- 1/2 cup (120ml) Low-sodium vegetable broth
- 2 tbsp (30g) Yellow curry powder
- 1 tsp (5g) Ground cumin
- 1/2 tsp (2.5g) Salt (adjust to taste)
- 2 cups (60g) Fresh baby spinach
- 1 tbsp (15ml) Fresh lime juice

PREPARATION

- 1. **[Step 1: Prep & Safety]:** Assemble all ingredients. Place the cubed potatoes, rinsed chickpeas, chopped onion, minced garlic, and grated ginger into the base of a cold slow cooker to prevent sticking and ensure even cooking.
- 2. **[Step 2: Mixing & Texture]:** In a separate bowl, whisk together the coconut milk, vegetable broth, curry powder, ground cumin, and salt until smooth and lump-free. Pour this aromatic liquid over the vegetables in the slow cooker, stirring gently so everything is thoroughly coated.
- 3. **[Step 3: Forming/Cooking]:** Cover the slow cooker with its lid. Secure the lid properly to trap the steam, which is essential for breaking down the potato starches.
- 4. **[Step 4: Timing & Cues]:** Cook on High for 4 hours (or on Low for 7 to 8 hours). The curry is ready when the potatoes are completely tender and can be easily pierced with a fork, and the sauce has thickened to a rich, velvety consistency.
- 5. **[Step 5: Cooling & Removal]:** Turn off the slow cooker. Carefully stir in the baby spinach and fresh lime juice, letting the residual heat wilt the greens for about 2 to 3 minutes before serving.
- 6. **[Step 6: Serving]:** Ladle the warm, aromatic curry into deep bowls over steamed basmati rice or alongside warm naan bread. Enjoy your comforting, homemade creation!

Creamy Classic Dill & Caper Potato Salad



Prep Time: 15 mins | **Cook Time:** 15 mins

Total Time: 30 mins

Servings: 4

Calories: 210 kcal

Macros: Fat 9g | Carbs 28g | Protein 4g | Fiber 3g

INGREDIENTS

- 1.5 lbs (680g) Yukon Gold potatoes, scrubbed and cut into 1-inch (2.5cm) cubes
- 1/2 cup (120ml) Vegan mayonnaise
- 1 tbsp (15ml) Dijon mustard
- 1 tbsp (15ml) Fresh lemon juice
- 2 tbsp (30ml) Fresh dill, finely chopped
- 2 tbsp (30ml) Capers, drained and rinsed
- 1/2 cup (120ml) Celery, finely diced
- 1/4 cup (60ml) Red onion, finely minced
- 1/2 tsp (2.5ml) Garlic powder
- Salt and freshly cracked black pepper to taste

PREPARATION

1. **[Step 1: Prep & Cook]:** Place the cubed potatoes in a large pot and cover with cold salted water by about an inch. Bring to a boil over high heat, then reduce to a gentle simmer so the potatoes cook evenly without breaking apart.
2. **[Step 2: Checking Doneness]:** Cook for 10 to 12 minutes, or until the potatoes are easily pierced with a fork but still hold their shape. Drain them thoroughly in a colander and let them cool for 10 minutes so they don't melt the dressing.
3. **[Step 3: Whistling the Dressing]:** In a large mixing bowl, whisk together the vegan mayonnaise, Dijon mustard, fresh lemon juice, garlic powder, salt, and black pepper until the texture is completely smooth and creamy.
4. **[Step 4: Combining Ingredients]:** Add the cooled potatoes, diced celery, minced red onion, chopped fresh dill, and capers to the bowl with the dressing.
5. **[Step 5: Folding & Coating]:** Gently fold the mixture together using a rubber spatula until all the potato pieces are evenly coated. Do this carefully to keep the potatoes intact and prevent them from turning into mashed potatoes.
6. **[Step 6: Chilling & Serving]:** Cover and refrigerate for at least 30 minutes before serving to let the flavors meld together beautifully. Serve chilled and enjoy your refreshing summer classic!

Roasted Sweet Potato Buddha Bowl with Creamy Maple-Tahini Drizzle



Prep Time: 15 mins | **Cook Time:** 25 mins

Total Time: 40 mins

Servings: 2

Calories: 520 kcal

Macros: Fat 22g | Carbs 68g | Protein 14g | Fiber 12g

INGREDIENTS

- 1 large (approx. 300g) Sweet potato, peeled and cut into 1/2-inch (1.25cm) cubes
- 1 can / 15 oz (425g) Chickpeas, rinsed, drained, and patted completely dry
- 1 tbsp (15ml) Olive oil, divided
- 1/2 tsp (2.5ml) Ground cumin
- 1/2 tsp (2.5ml) Smoked paprika
- 4 cups (120g) Curly kale, stems removed and chopped
- 1/2 medium Avocado, sliced
- 2 tbsp (30ml) Tahini paste
- 1 tbsp (15ml) Warm water (to thin the dressing)
- 1 tbsp (15ml) Fresh lemon juice
- 1 tsp (5ml) Pure maple syrup
- 1 pinch Salt and black pepper, to taste

PREPARATION

1. **[Step 1: Prep & Roast Setup]:** Preheat your oven to 400°F (200°C) and line a large baking sheet with parchment paper to prevent the sweet potatoes and chickpeas from sticking to the pan.
2. **[Step 2: Seasoning & Texture]:** Toss the cubed sweet potatoes and drained chickpeas in a bowl with 1/2 tablespoon of olive oil, ground cumin, smoked paprika, salt, and pepper. Ensure everything is evenly coated so the spices caramelize beautifully during roasting.
3. **[Step 3: Roasting for Crispness]:** Spread the sweet potatoes and chickpeas in a single, even layer on the prepared baking sheet. Leave plenty of space between them so they roast and crisp up rather than steam. Bake for 20 to 25 minutes, flipping halfway through.
4. **[Step 4: Massaging the Greens]:** While the veggies roast, place the chopped kale in a large mixing bowl with the remaining 1/2 tablespoon of olive oil and a pinch of salt. Gently massage the leaves with your hands for 2 minutes until they become dark green, tender, and silky in texture.
5. **[Step 5: Whicking the Drizzle]:** In a small bowl, vigorously whisk together the tahini, warm water, lemon juice, maple syrup, and a pinch of salt until the mixture is completely smooth and creamy. It should easily drizzle off the back of a spoon; add a splash of extra water if it is too thick.
6. **[Step 6: Assembly & Serving]:** Divide the tender massaged kale between two serving bowls. Top with sections of roasted sweet potatoes, crispy chickpeas, and avocado slices. Drizzle the creamy tahini dressing generously over the top and enjoy this warm, comforting bowl immediately!

Crispy Pan-Seared Potato and Spinach Gnocchi



Prep Time: 45 mins | **Cook Time:** 15 mins

Total Time: 60 mins

Servings: 4

Calories: 310 kcal

Macros: Fat 6g | Carbs 54g | Protein 10g | Fiber 4g

INGREDIENTS

- 2 lbs (900g) Russet potatoes (about 3-4 large potatoes)
- 2 cups (150g) Fresh baby spinach
- 1 1/2 cups (180g) All-purpose flour, plus extra for dusting
- 1 Large Egg, beaten
- 1/2 tsp (2.5g) Salt
- 1/4 tsp (1.2g) Ground nutmeg
- 2 tbsp (30ml) Olive oil
- 3 tbsp (42g) Unsalted butter

PREPARATION

- 1. **[Step 1: Prep & Safety]:** Poke the potatoes all over with a fork and microwave them on high for 10 to 12 minutes, turning halfway, until completely soft and tender to the touch (baking them keeps the dough dry).
- 2. **[Step 2: Mixing & Texture]:** While potatoes are hot, scoop out the flesh and pass through a potato ricer onto a clean counter. Steam the spinach for 1 minute, squeeze out all excess moisture using a clean kitchen towel, and puree until completely smooth.
- 3. **[Step 3: Forming/Cooking]:** Make a well in the riced potatoes; add the spinach puree, beaten egg, salt, nutmeg, and half the flour. Gently fold the ingredients together, adding the remaining flour gradually until a soft, pliable, and non-sticky dough forms (do not overwork the dough or the gnocchi will become dense and gummy).
- 4. **[Step 4: Timing & Cues]:** Divide the dough into four portions. Roll each portion into a long rope about 1/2-inch (1.2cm) thick, then cut into 1-inch (2.5cm) pieces; optionally roll each piece over a gnocchi board or the tines of a fork for classic ridges.
- 5. **[Step 5: Cooling & Removal]:** Bring a large pot of salted water to a gentle boil and drop the gnocchi in batches. Cook until they float to the surface (about 2 to 3 minutes), then let them cook for an additional 1 minute before removing them with a slotted spoon to drain.
- 6. **[Step 6: Serving]:** Heat the olive oil and butter in a large skillet over medium-high heat. Add the drained gnocchi in a single layer and sear without moving for 2 to 3 minutes until a deep golden-brown crust forms on the bottom, then toss gently to crisp the other side before serving hot with your favorite sauce.

Ultimate Vegan Shepherd's Pie



Prep Time: 25 mins | **Cook Time:** 35 mins

Total Time: 60 mins

Servings: 6

Calories: 310 kcal

Macros: Fat 7g | Carbs 51g | Protein 12g | Fiber 9g

INGREDIENTS

- 2 lbs (900g) Yukon Gold potatoes, peeled and quartered
- 4 tbsp (60g) Vegan butter, divided
- 1/4 cup (60ml) Unsweetened almond milk (or other plant milk)
- 1 medium (150g) Yellow onion, finely chopped
- 2 medium (120g) Carrots, diced
- 2 stalks (100g) Celery, diced
- 3 cloves Garlic, minced
- 1.5 cups (280g) Brown lentils, rinsed and drained (or one 15 oz/425g can, drained)
- 2 tbsp (32g) Tomato paste
- 2 cups (480ml) Vegetable broth
- 1 tbsp (15ml) Soy sauce (or tamari for gluten-free)
- 1 cup (150g) Frozen peas and sweet corn mix

PREPARATION

1. **[Step 1: Prep & Boil]:** Place the quartered potatoes into a large pot of salted water and bring to a boil. Cook for 15 to 20 minutes until they are fork-tender so they mash effortlessly without lumps.
2. **[Step 2: Sauté the Aromatics]:** While potatoes cook, melt 2 tablespoons (30g) of vegan butter in a large skillet over medium heat. Add the chopped onion, carrots, and celery, sautéing for 6 to 8 minutes until the vegetables soften and the onions turn translucent.
3. **[Step 3: Build the Savory Base]:** Stir in the minced garlic and tomato paste, cooking for 1 minute until fragrant. Add the lentils, vegetable broth, and soy sauce. Simmer gently for 15 minutes (if using uncooked lentils, simmer for 25 minutes until tender) until the gravy thickens to a rich, glossy consistency. Stir in the peas and corn during the last 2 minutes.
4. **[Step 4: Mash the Potatoes]:** Drain the cooked potatoes thoroughly. Return them to the pot and add the remaining 2 tablespoons (30g) of vegan butter and almond milk. Mash vigorously until the potatoes are beautifully fluffy, light, and free of lumps. Season with salt and pepper to taste.
5. **[Step 5: Assemble & Bake]:** Preheat your oven to 400°F (200°C). Transfer the savory lentil filling into an 8x11-inch (20x28cm) baking dish, smoothing it into an even layer. Gently spread the mashed potatoes on top, using a fork to create textured ridges and peaks that will crisp up beautifully in the oven.
6. **[Step 6: Bake & Serve]:** Bake for 20 to 25 minutes, or until the potato topping is lightly golden on the peaks and the filling is bubbling up around the edges. Let cool for 10 minutes to allow the layers to set before slicing. Enjoy your warm, comforting creation!

Ultimate Loaded Broccoli & Cheesy Yeast Baked Potatoes



Prep Time: 15 mins | **Cook Time:** 60 mins

Total Time: 75 mins

Servings: 4

Calories: 380 kcal

Macros: Fat 8g | Carbs 62g | Protein 15g | Fiber 9g

INGREDIENTS

- 4 large (approx. 225g / 8 oz each) Russet potatoes, scrubbed clean
- 1 tbsp (15ml) Olive oil
- 1 tsp (5g) Coarse sea salt
- 3 cups (225g) Broccoli florets, chopped small
- 1/2 cup (60g) Nutritional yeast flakes
- 1.5 cups (360ml) Unsweetened almond milk (or non-dairy milk of choice)
- 2 tbsp (16g) Cornstarch
- 1/2 tsp (2.5g) Garlic powder
- 1/2 tsp (2.5g) Onion powder
- 1 tbsp (15ml) Fresh lemon juice
- 1 tbsp (15ml) Soy sauce (or tamari for gluten-free)
- Salt and freshly cracked black pepper to taste

PREPARATION

1. **[Step 1: Prep & Safety]:** Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper. Thoroughly poke each potato 5 to 6 times with a fork to allow steam to escape so they do not burst while baking.
2. **[Step 2: Coating & Baking]:** Rub the potato skins evenly with olive oil and sprinkle with coarse sea salt. Place them on the baking sheet and bake for 50 to 60 minutes, or until the skins are noticeably crispy and a fork easily slides into the center with no resistance.
3. **[Step 3: Steaming the Veggies]:** While the potatoes are baking, place the broccoli florets into a steamer basket over boiling water. Cover and steam for 4 to 5 minutes until they are vibrant green and fork-tender but still retain a slight, satisfying bite. Set aside.
4. **[Step 4: Whisking the Sauce]:** In a medium saucepan off the heat, whisk together the non-dairy milk and cornstarch until completely dissolved and lump-free. Whisk in the nutritional yeast, garlic powder, onion powder, lemon juice, and soy sauce until smooth.
5. **[Step 5: Thickening the Cheese]:** Place the saucepan over medium heat. Whisk constantly for 3 to 5 minutes as the mixture comes to a gentle simmer; it will suddenly thicken into a rich, glossy, pourable cheese-like sauce. Season with salt and pepper to taste, then remove from heat.
6. **[Step 6: Splitting & Serving]:** Use a knife to slice a deep slit down the center of each baked potato, then gently squeeze the ends together to fluff open the steaming interior. Stuff each potato generously with the steamed broccoli and smother with warm cheesy yeast sauce. Serve immediately while hot!

Warm German Potato Salad with Crispy Tempeh Bacon



Prep Time: 15 mins | **Cook Time:** 20 mins

Total Time: 35 mins

Servings: 4

Calories: 295 kcal

Macros: Fat 11g | Carbs 42g | Protein 10g | Fiber 6g

INGREDIENTS

- 2 lbs (900g) Yukon Gold potatoes, scrubbed and sliced into 1/2-inch (1.25cm) thick rounds
- 6 oz (170g) Tempeh, sliced into thin strips or crumbled
- 1 tbsp (15ml) Olive oil
- 1 small (100g) Red onion, finely chopped
- 3 cloves Garlic, minced
- 1/3 cup (80ml) Apple cider vinegar
- 2 tbsp (30ml) Maple syrup
- 1 tbsp (15ml) Dijon mustard
- 1/2 tsp (2.5g) Smoked paprika
- 1/2 tsp (2.5g) Sea salt
- 1/4 tsp (1.2g) Black pepper
- 1/4 cup (10g) Fresh chives, chopped

PREPARATION

1. **[Step 1: Prep & Cook Potatoes]:** Place the sliced potatoes into a large pot and cover with cold, salted water. Bring to a boil over high heat, then reduce to a simmer and cook for 10 to 12 minutes, or until the potatoes are fork-tender but not falling apart.
2. **[Step 2: Crisp the Tempeh]:** While the potatoes boil, heat the olive oil in a large skillet over medium-high heat. Add the crumbled tempeh, smoked paprika, a pinch of salt, and pepper, sautéing for 5 to 7 minutes until the tempeh becomes deeply browned and crispy to mimic traditional bacon. Remove from the skillet and set aside.
3. **[Step 3: Sauté the Aromatics]:** In the same skillet over medium heat, add the chopped red onion and minced garlic. Cook for 3 to 4 minutes, stirring constantly, until the onions are soft, translucent, and fragrant.
4. **[Step 4: Create the Warm Vinaigrette]:** Whisk the apple cider vinegar, maple syrup, and Dijon mustard directly into the skillet with the onions. Bring the mixture to a gentle simmer for 1 to 2 minutes so the flavors fuse together and thicken slightly into a warm, glossy dressing.
5. **[Step 5: Combine and Toss]:** Drain the cooked potatoes thoroughly. Gently fold the warm potatoes and half of the crispy tempeh bacon into the skillet, tossing carefully so the potatoes absorb the warm vinaigrette without breaking apart.
6. **[Step 6: Plate and Garnish]:** Transfer the salad to a serving bowl. Garnish with the remaining crispy tempeh bacon and chopped fresh chives, then serve immediately while beautifully warm and fragrant.

Ultimate Crispy Smashed Potatoes with Chimichurri



Prep Time: 15 mins | **Cook Time:** 45 mins

Total Time: 60 mins

Servings: 4

Calories: 245 kcal

Macros: Fat 14g | Carbs 28g | Protein 4g | Fiber 3g

INGREDIENTS

- 1.5 lbs (680g) Baby Yukon Gold potatoes (uniform in size)
- 3 tbsp (45ml) Extra virgin olive oil, divided
- 1 tsp (5g) Sea salt (for boiling water)
- 1/2 tsp (2.5g) Garlic powder
- 1/2 tsp (2.5g) Cracked black pepper
- 1 cup (25g) Fresh flat-leaf parsley, finely chopped
- 2 tbsp (10g) Fresh oregano leaves, finely chopped
- 3 cloves Garlic, minced
- 1 tbsp (15ml) Red wine vinegar
- 1/4 tsp (1.25g) Red pepper flakes

PREPARATION

- 1. Boil the Potatoes:** Place the potatoes in a large pot, cover with cold water, and add the sea salt. Bring to a boil over high heat, then reduce to medium and simmer for 15-20 minutes until easily pierced with a fork. Preheating the water from cold ensures even cooking so the potatoes don't break apart.
- 2. Preheat and Dry:** Preheat your oven to 425°F (220°C). Drain the cooked potatoes thoroughly in a colander and let them steam-dry for 5 minutes; removing excess moisture is the secret to achieving maximum crispiness in the oven.
- 3. Smash and Season:** Place the potatoes on a large rimmed baking sheet lined with parchment paper. Use the flat bottom of a sturdy glass or measuring cup to gently press down on each potato until it is flattened but still holds together, aiming for about 1/2-inch (1.25cm) thickness.
- 4. Roast to Golden Perfection:** Drizzle the smashed potatoes with 2 tablespoons (30ml) of olive oil and sprinkle evenly with garlic powder, black pepper, and a pinch of salt. Roast in the preheated oven for 25-30 minutes, flipping halfway through, until the edges are deep golden-brown and crackly-crisp.
- 5. Prepare the Chimichurri:** While the potatoes roast, whisk the chopped parsley, oregano, minced garlic, red wine vinegar, red pepper flakes, and the remaining 1 tablespoon (15ml) of olive oil in a small bowl until well combined. Let the sauce sit at room temperature to allow the bold flavors to meld.
- 6. Dress and Serve:** Transfer the hot, crispy potatoes to a serving platter. Drizzle the vibrant herb chimichurri generously over the top just before serving while they are sizzling hot. Enjoy your perfectly crispy and herbaceous creation!

Crispy Golden Vegan Potato Pancakes



Prep Time: 20 mins | **Cook Time:** 15 mins

Total Time: 35 mins

Servings: 4

Calories: 245 kcal

Macros: Fat 8g | Carbs 39g | Protein 5g | Fiber 4g

INGREDIENTS

- 1.5 lbs (680g) Russet potatoes, peeled
- 1 small (110g) Yellow onion
- 3 tbsp (24g) All-purpose flour
- 2 tbsp (16g) Cornstarch
- 1 tsp (5g) Baking powder
- 1 tsp (6g) Fine sea salt
- 1/4 tsp (0.5g) Freshly ground black pepper
- 4 tbsp (60ml) Vegetable oil, for frying
- 1 cup (245g) Unsweetened applesauce, for serving

PREPARATION

- 1. Prep & Moisture Removal:** Finely grate the potatoes and onion using a box grater or food processor. Place the grated mixture into a clean kitchen towel, gather the corners, and squeeze out as much starchy liquid as possible over the sink so the pancakes fry up incredibly crispy instead of soggy.
- 2. Mixing & Texture:** Transfer the squeezed potato and onion mixture to a large bowl. Sprinkle in the flour, cornstarch, baking powder, salt, and pepper, stirring thoroughly with a fork until the dry ingredients are fully incorporated and the mixture holds together like a damp, cohesive dough.
- 3. Forming & Cooking:** Heat 2 tablespoons (30ml) of vegetable oil in a large skillet over medium-high heat until it shimmers. Scoop 1/4 cup (60ml) of the potato mixture into the hot pan for each pancake, flattening them gently with the back of a spatula so they are about 1/2-inch (1.2cm) thick.
- 4. Timing & Cues:** Fry the pancakes for 3 to 4 minutes on the first side, or until the edges are deeply golden and crispy. Carefully flip them over and cook for another 3 minutes until the second side is beautifully browned and the center is cooked through.
- 5. Cooling & Oil Draining:** Transfer the cooked pancakes to a plate lined with paper towels to drain any excess surface oil, keeping them in a warm oven at 200°F (93°C) while you fry the remaining batch with the rest of the oil.
- 6. Serving:** Serve the pancakes warm and sizzling, paired with generous spoonfuls of sweet applesauce on the side. Enjoy your comforting, crispy creation!

Golden Spanish Tortilla de Patatas (Chickpea Flour Version)



Prep Time: 15 mins | **Cook Time:** 30 mins

Total Time: 45 mins

Servings: 4

Calories: 285 kcal

Macros: Fat 11g | Carbs 36g | Protein 10g | Fiber 5g

INGREDIENTS

- 4 medium (600g) Yukon Gold potatoes, peeled and thinly sliced
- 1 large (150g) Yellow onion, thinly sliced
- 1.5 cups (180g) Chickpea flour (besan)
- 1.5 cups (360ml) Water
- 0.25 cup (60ml) Extra virgin olive oil, divided
- 1 tsp (5ml) Apple cider vinegar
- 1 tsp (5g) Salt, plus more for seasoning potatoes
- 0.25 tsp (1.25g) Black pepper
- 0.25 tsp (1.25g) Garlic powder

PREPARATION

1. **[Step 1: Prep & Safety]:** Heat 3 tablespoons (45ml) of the olive oil in a 9-inch (23cm) non-stick skillet over medium-low heat. Add the sliced potatoes and onions, tossing to coat. Season with a pinch of salt to draw out moisture and prevent sticking.
2. **[Step 2: Sautéing for Softness]:** Cook the potatoes and onions slowly for about 15-20 minutes, stirring occasionally. They should become tender and translucent, but not deeply browned. The onions should look sweet and caramelized.
3. **[Step 3: Mixing & Texture]:** While the potatoes cook, whisk the chickpea flour, water, apple cider vinegar, salt, black pepper, and garlic powder in a large bowl until completely smooth. The texture should resemble a thick, creamy pancake batter without any lumps.
4. **[Step 4: Combining and Resting]:** Use a slotted spoon to transfer the cooked potatoes and onions directly into the chickpea batter. Fold gently so the potatoes are fully coated. Let the mixture sit for 5 minutes; this allows the chickpea flour to absorb the savory flavors and soften.
5. **[Step 5: Forming/Cooking]:** Wipe the skillet clean and heat the remaining 1 tablespoon (15ml) of olive oil over medium-high heat. Pour in the mixture, spreading the potatoes evenly. Reduce heat to low, cover with a lid, and cook for 8-10 minutes until the edges are golden and the center is mostly set.
6. **[Step 6: Flipping & Serving]:** Place a large flat plate upside down over the skillet. Confidently flip the skillet to release the tortilla onto the plate. Slide the tortilla back into the skillet, raw side down. Cook uncovered for another 4-5 minutes until cooked through and firm. Let cool for 10 minutes before slicing. Enjoy your warm creation!

Golden Turmeric Aloo Gobi



Prep Time: 15 mins | **Cook Time:** 25 mins

Total Time: 40 mins

Servings: 4

Calories: 185 kcal

Macros: Fat 7g | Carbs 28g | Protein 5g | Fiber 6g

INGREDIENTS

- 1 medium (approx. 500g) Cauliflower, cut into bite-sized florets
- 2 medium (approx. 300g) Yukon Gold potatoes, peeled and cubed into 1-inch pieces
- 2 tbsp (30ml) Vegetable oil or ghee
- 1 tsp (5ml) Cumin seeds
- 1 medium (110g) Yellow onion, finely chopped
- 1 tbsp (15ml) Ginger-garlic paste
- 1 tsp (5ml) Ground turmeric
- 1 tsp (5ml) Kashmiri red chili powder (or mild paprika)
- 1 tsp (5ml) Ground coriander
- 1/2 tsp (2.5ml) Garam masala
- 1/2 cup (120ml) Water
- 1/4 cup (60ml) Fresh cilantro leaves, chopped for garnish

PREPARATION

1. **[Step 1: Prep & Sizzle]:** Heat the oil or ghee in a large, deep skillet or wok over medium heat. Add the cumin seeds and let them sizzle for about 30 seconds until fragrant and slightly darkened to release their aromatic oils.
2. **[Step 2: Build the Aromatic Base]:** Add the chopped onion to the skillet and sauté for 5 to 6 minutes until soft and golden brown. Stir in the ginger-garlic paste and cook for another minute until the raw aroma dissipates.
3. **[Step 3: Spice Infusion]:** Reduce the heat to low and stir in the turmeric, chili powder, and ground coriander. Toss the spices quickly in the oil for 30 seconds to toast them, taking care not to let them burn.
4. **[Step 4: Incorporate the Vegetables]:** Add the cubed potatoes and cauliflower florets to the pan. Toss thoroughly for 2 to 3 minutes, ensuring every piece is beautifully coated in the golden spice mixture. Season generously with salt.
5. **[Step 5: Simmer & Steam]:** Pour in the water, cover the skillet with a tight-fitting lid, and turn the heat down to low. Let it steam for 15 to 18 minutes, stirring gently halfway through, until the potatoes are fork-tender and the cauliflower is cooked but still holds its shape.
6. **[Step 6: Final Touch & Serving]:** Remove the lid and turn the heat up slightly for 2 minutes to evaporate any excess moisture. Sprinkle the garam masala and fresh cilantro over the top, gently folding them in. Serve warm with flatbread or rice!

Sweet Potato and Black Bean Enchiladas



Prep Time: 20 mins | **Cook Time:** 30 mins

Total Time: 50 mins

Servings: 4

Calories: 420 kcal

Macros: Fat 14g | Carbs 58g | Protein 16g | Fiber 11g

INGREDIENTS

- 2 cups (300g) Sweet potatoes, peeled and diced into 1/2-inch cubes
- 1 tbsp (15ml) Olive oil
- 1 can (15 oz / 425g) Black beans, rinsed and drained
- 1 tsp (5g) Ground cumin
- 1/2 tsp (2.5g) Chili powder
- 8 medium Corn or flour tortillas
- 2 cups (480ml) Red enchilada sauce
- 1.5 cups (150g) Monterey Jack cheese, shredded
- 1/4 cup (15g) Fresh cilantro, chopped (for garnish)

PREPARATION

- **1. Prep & Safety:** Preheat your oven to 375°F (190°C). Grease a 9x13-inch (23x33cm) baking dish with a light coating of cooking spray or oil to ensure the enchiladas do not stick to the bottom during baking.
- **2. Roasting the Sweet Potatoes:** Toss the diced sweet potatoes with olive oil, cumin, and chili powder on a baking sheet. Roast for 15-20 minutes until they are fork-tender and slightly caramelized on the edges.
- **3. Mixing the Filling:** In a medium bowl, gently combine the roasted sweet potatoes and drained black beans. Stir in 1/4 cup (60ml) of the enchilada sauce to moisten the mixture and bind the ingredients together.
- **4. Assembling the Enchiladas:** Pour 1/2 cup (120ml) of enchilada sauce into the bottom of the prepared baking dish. Warm the tortillas in the microwave for 20 seconds so they are pliable. Place 1/3 cup of the filling down the center of each tortilla, roll tightly, and place seam-side down in the dish.
- **5. Sauce & Cheese Topping:** Pour the remaining enchilada sauce evenly over the rolled tortillas, ensuring the edges are completely covered so they do not dry out. Sprinkle the shredded Monterey Jack cheese uniformly over the top.
- **6. Baking & Serving:** Bake uncovered for 20 minutes until the sauce is bubbling and the cheese is fully melted and golden brown. Let cool for 5 minutes to allow the structure to set, then garnish with fresh cilantro before serving. Enjoy your comforting, homemade meal!

Cozy Slow-Cooker Split Pea & Yukon Gold Soup



Prep Time: 15 mins | **Cook Time:** 480 mins

Total Time: 495 mins

Servings: 6

Calories: 310 kcal

Macros: Fat 2g | Carbs 56g | Protein 18g | Fiber 16g

INGREDIENTS

- 2 cups (400g) Green split peas, rinsed and sorted
- 2 large (300g) Yukon Gold potatoes, peeled and diced
- 1 medium (150g) Yellow onion, finely chopped
- 3 medium (150g) Carrots, diced
- 2 stalks (100g) Celery, diced
- 3 cloves Garlic, minced
- 6 cups (1.4L) Vegetable broth (or chicken broth)
- 2 sprigs Fresh thyme (or 1 tsp dried thyme)
- 1 bay leaf Bay leaf
- 1 tsp (5g) Sea salt (adjust to taste)
- 1/2 tsp (2.5g) Black pepper, freshly cracked
- 1 tbsp (15ml) Lemon juice, fresh

PREPARATION

- 1. **[Step 1: Prep & Safety]:** Rinse the green split peas thoroughly in a fine-mesh colander under cold water, sorting through them to discard any small debris or stones, then place them directly into the base of your slow cooker.
- 2. **[Step 2: Layering Ingredients]:** Add the diced Yukon Gold potatoes, chopped onion, carrots, celery, and minced garlic over the peas, ensuring the vegetables are evenly distributed so they cook at a uniform rate.
- 3. **[Step 3: Seasoning & Liquid]:** Pour in the vegetable broth, then tuck the fresh thyme sprigs and bay leaf into the liquid. Season with salt and freshly cracked black pepper, stirring gently to combine the ingredients.
- 4. **[Step 4: Timing & Cues]:** Cover with the lid and cook on Low for 7 to 8 hours (or on High for 4 hours) until the split peas are completely soft and have broken down to create a thick, creamy texture.
- 5. **[Step 5: Finishing & Texture]:** Discard the bay leaf and thyme stems. For an extra-velvety consistency, use a potato masher or an immersion blender to partially blend the soup, leaving some potato chunks intact for rustic contrast.
- 6. **[Step 6: Serving]:** Stir in the fresh lemon juice just before serving to brighten the earthy flavors. Ladle into warm bowls and enjoy with a slice of crusty bread!

Crispy Baked Potato Tots with Homemade Ketchup



Prep Time: 25 mins | **Cook Time:** 30 mins

Total Time: 55 mins

Servings: 4

Calories: 220 kcal

Macros: Fat 6g | Carbs 38g | Protein 4g | Fiber 4g

INGREDIENTS

- 2 lbs (900g) Russet potatoes, peeled
- 1 tbsp (15ml) Olive oil
- 1 tbsp (8g) Cornstarch
- 1 tsp (5g) Onion powder
- 1/2 tsp (2.5g) Garlic powder
- 1/2 tsp (3g) Fine sea salt
- 1/4 tsp (1.2g) Cracked black pepper
- 6 oz (170g) Tomato paste (for the ketchup)
- 2 tbsp (30ml) Apple cider vinegar (for the ketchup)
- 1 tbsp (15ml) Maple syrup or honey (for the ketchup)
- 1/4 tsp (1.2g) Smoked paprika (for the ketchup)

PREPARATION

1. **[Step 1: Prep & Safety]:** Parboil the peeled potatoes in a large pot of boiling water for 8 to 10 minutes so they are slightly tender on the outside but still firm in the center; this ensures they grate easily without turning into mush. Drain and let cool completely.
2. **[Step 2: Mixing & Texture]:** Shred the cooled potatoes using the coarse side of a box grater. Transfer the shreds to a clean kitchen towel and wring out as much excess moisture as possible; achieving a dry potato mixture is the key to ultimate crunchiness.
3. **[Step 3: Forming/Cooking]:** Place the shredded potatoes in a bowl and toss with olive oil, cornstarch, onion powder, garlic powder, salt, and pepper until evenly coated. Shape the mixture into tight, bite-sized cylinders (about 1 inch or 2.5cm long) and arrange them on a baking sheet lined with parchment paper, leaving space between each tot.
4. **[Step 4: Timing & Cues]:** Preheat your oven to 425°F (220°C). Bake the tots for 25 to 30 minutes, flipping them halfway through, until they are deeply golden-brown and make a scraping sound when nudged with a spatula.
5. **[Step 5: Cooling & Removal]:** While the tots bake, whisk the tomato paste, apple cider vinegar, maple syrup, smoked paprika, and 3 tablespoons (45ml) of warm water in a small bowl until smooth and glossy. Remove the tots from the oven and let them rest on the sheet for 5 minutes so they firm up and don't break.
6. **[Step 6: Serving]:** Transfer the hot, crispy potato tots to a serving platter alongside your bowl of smoky homemade ketchup. Enjoy your delicious, guilt-free comfort food immediately!

Crispy Hasselback Potatoes with Rosemary Garlic Oil



Prep Time: 15 mins | **Cook Time:** 50 mins

Total Time: 65 mins

Servings: 4

Calories: 210 kcal

Macros: Fat 7g | Carbs 34g | Protein 4g | Fiber 5g

INGREDIENTS

- 4 medium (approx. 600g / 1.3 lbs) Yukon Gold or Russet potatoes, washed and scrubbed
- 3 tbsp (45ml) Extra virgin olive oil
- 3 cloves Garlic, finely minced
- 2 tbsp (3g) Fresh rosemary, finely chopped
- 1/2 tsp (3g) Fine sea salt
- 1/4 tsp (1.2g) Freshly cracked black pepper
- 1 pinch Flaky sea salt (for serving)

PREPARATION

- **1. Prep & Safety:** Preheat your oven to 425°F (220°C) so the high heat can instantly start crisping the edges. Line a baking sheet with parchment paper to prevent the potatoes from sticking and to ensure easy cleanup.
- **2. Slicing the Potatoes:** Place a potato between two chopsticks or wooden spoon handles. Slice horizontally into thin accordion panels (about 1/8-inch / 3mm thick), cutting down until the knife hits the chopsticks. This prevents you from cutting all the way through, keeping the base intact.
- **3. Infusing the Oil:** In a small bowl, whisk together the olive oil, minced garlic, chopped rosemary, sea salt, and black pepper. Let it sit for 5 minutes so the oil absorbs the aromatic herbal flavors.
- **4. First Brush & Bake:** Place the potatoes on the baking sheet. Brush them generously with about half of the rosemary garlic oil, ensuring it gets down into some of the slices. Bake for 30 minutes, which will cause the slices to naturally fan out and separate.
- **5. Second Brush & Final Crisp:** Remove the potatoes from the oven. Brush the remaining herb oil over the tops, making sure it drips deep into the opened crevices for maximum flavor. Bake for an additional 20 minutes, or until the edges are deeply golden brown and crispy to the touch while the centers remain tender.
- **6. Cool & Serve:** Let the potatoes cool on the baking sheet for 5 minutes so they firm up slightly and don't break. Transfer to a serving platter, sprinkle with flaky sea salt, and enjoy your beautifully textured side dish!

Hearty Potato & Mushroom Stout Stew



Prep Time: 20 mins | **Cook Time:** 45 mins

Total Time: 65 mins

Servings: 4

Calories: 345 kcal

Macros: Fat 12g | Carbs 42g | Protein 9g | Fiber 7g

INGREDIENTS

- 2 tbsp (30ml) Olive oil
- 1 lb (450g) Cremini mushrooms, halved
- 3 medium (450g) Yukon Gold potatoes, cut into 1-inch (2.5cm) chunks
- 2 medium (150g) Carrots, sliced into thick rounds
- 1 medium (150g) Yellow onion, diced
- 3 cloves Garlic, minced
- 1 can (14.9 oz / 440ml) Dark Irish stout beer
- 2 cups (480ml) Vegetable broth
- 2 tbsp (30g) Tomato paste
- 2 tbsp (16g) All-purpose flour
- 1 tbsp (5g) Fresh thyme leaves
- 1 tsp (5g) Salt and 1/2 tsp (1g) black pepper

PREPARATION

- 1. **[Step 1: Prep & Sauté]:** Heat the olive oil in a large Dutch oven or heavy-bottomed pot over medium-high heat. Add the halved mushrooms and diced onions, sautéing for 6 to 8 minutes until the mushrooms are beautifully browned and the onions are translucent to build a rich flavor base.
- 2. **[Step 2: Aromatics & Flour]:** Stir in the minced garlic, fresh thyme, salt, and pepper, cooking for 1 minute until fragrant. Sprinkle the flour over the vegetables and stir constantly for 2 minutes; this coats the ingredients and ensures your stew thickens perfectly without any lumps.
- 3. **[Step 3: Deglazing & Liquid]:** Slowly pour in the dark stout beer, using a wooden spoon to vigorously scrape up all the delicious, caramelized bits stuck to the bottom of the pot. Whisk in the tomato paste and vegetable broth until the liquid is smooth and uniform.
- 4. **[Step 4: Simmering Vegetables]:** Add the potato chunks and carrot rounds to the pot, bringing the liquid to a boil. Once boiling, reduce the heat to low, cover the pot with a lid, and let it simmer gently for 30 minutes so the vegetables can absorb the rich stout gravy.
- 5. **[Step 5: Thickening & Cues]:** Remove the lid and simmer uncovered for an additional 10 to 15 minutes. The stew is ready when the potatoes are fork-tender and the gravy has reduced to a thick, glossy, spoon-coating consistency.
- 6. **[Step 6: Resting & Serving]:** Remove the pot from the heat and let it rest for 5 minutes before serving to let the flavors settle. Ladle the hot, fragrant stew into deep bowls, garnish with a pinch of fresh thyme, and serve with crusty bread. Enjoy your comforting, warm creation!

Zesty Grilled Potato Skewers with Lemon Herb Marinade



Prep Time: 15 mins | **Cook Time:** 20 mins

Total Time: 35 mins

Servings: 4

Calories: 185 kcal

Macros: Fat 7g | Carbs 28g | Protein 3g | Fiber 4g

INGREDIENTS

- 1.5 lbs (680g) Baby potatoes (yellow or red-skinned), washed and scrubbed
- 3 tbsp (45ml) Extra virgin olive oil
- 3 tbsp (45ml) Fresh lemon juice
- 2 cloves Garlic, finely minced
- 1 tbsp (15ml) Fresh rosemary, finely chopped
- 1 tbsp (15ml) Fresh thyme leaves, chopped
- 1 tsp (5ml) Smoked paprika
- 1/2 tsp (2.5ml) Sea salt
- 1/4 tsp (1.25ml) Freshly cracked black pepper

PREPARATION

1. **[Step 1: Prep & Parboil]:** Place the baby potatoes in a large pot of salted water and bring to a boil; cook for 8 to 10 minutes until they are slightly tender when pierced with a fork but not mushy, then drain and let cool slightly so they do not break when threaded onto skewers.
2. **[Step 2: Mixing & Texture]:** In a small bowl, whisk together the olive oil, lemon juice, minced garlic, rosemary, thyme, smoked paprika, salt, and black pepper until the marinade is thoroughly emulsified and looks like a speckled, fragrant herb oil.
3. **[Step 3: Forming/Cooking]:** Thread the parboiled potatoes carefully onto metal skewers (or wooden skewers soaked in water for 30 minutes) leaving a tiny gap between each potato so the heat circulates evenly; brush them generously on all sides with half of the lemon-herb marinade.
4. **[Step 4: Timing & Cues]:** Preheat your grill to medium-high heat (about 400°F / 200°C) and oil the grates; grill the skewers for 10 to 12 minutes, turning occasionally, until the skins are beautifully blistered, crispy, and sport defined, dark grill marks.
5. **[Step 5: Cooling & Removal]:** Carefully remove the hot skewers from the grill using heat-resistant tongs and transfer them to a heat-safe serving platter, letting them rest for 2 minutes so the skins firm up and stay crispy.
6. **[Step 6: Serving]:** Drizzle the remaining fresh lemon-herb marinade over the warm skewers just before serving to maximize the bright, citrusy aroma. Enjoy your smoky, zesty side dish!

Pillowly Vegan Sweet Potato Gnocchi in Sage Brown Butter Alternative



Prep Time: 35 mins | **Cook Time:** 15 mins

Total Time: 50 mins

Servings: 4

Calories: 380 kcal

Macros: Fat 14g | Carbs 58g | Protein 6g | Fiber 5g

INGREDIENTS

- 2 medium (approx. 450g / 1 lb) Sweet potatoes
- 1.5 cups (180g) All-purpose flour, plus extra for dusting
- 0.25 cup (30g) Vegan parmesan cheese, grated (optional)
- 1 tsp (5ml) Fine sea salt
- 0.25 tsp (1.25ml) Ground nutmeg
- 4 tbsp (60g) Vegan butter alternative (block-style works best)
- 12-15 fresh Sage leaves
- 1 tbsp (15ml) Olive oil
- 0.25 tsp (1.25ml) Coarsely cracked black pepper

PREPARATION

1. **[Step 1: Prep & Bake Sweet Potatoes]:** Pierce the sweet potatoes all over with a fork and microwave for 8-10 minutes, turning halfway, until completely soft and tender to the touch (this prevents excess moisture, which would make the dough gummy). Let cool slightly, then scoop out the warm flesh and mash thoroughly with a potato ricer or fork until perfectly smooth and free of lumps.
2. **[Step 2: Mixing & Texture]:** On a clean, floured surface, combine 1 cup (240ml / 120g) of the flour, sea salt, nutmeg, and the warm mashed sweet potato. Gently fold and knead the mixture together, gradually adding the remaining flour only as needed, until a soft, pliable, and slightly tacky dough forms (it should feel like a soft pillow and not stick heavily to your hands).
3. **[Step 3: Forming & Cutting]:** Divide the dough into four equal portions. Roll each portion out gently with your hands into a long rope about 0.75-inch (2cm) thick. Using a sharp knife or bench scraper, cut the ropes into 1-inch (2.5cm) bite-sized pieces; optionally roll each piece over a gnocchi board or the back of fork tines to create sauce-catching ridges.
4. **[Step 4: Boiling & Timing Cues]:** Bring a large pot of salted water to a gentle boil. Drop the gnocchi in batches so they do not crowd; boil for about 2-3 minutes. Once they rise to the surface, let them cook for an additional 60 seconds to ensure the centers are fully cooked through, then carefully remove them with a slotted spoon and drain.
5. **[Step 5: Crisping & Sauce creation]:** Heat the vegan butter and olive oil in a large skillet over medium heat. Add the fresh sage leaves and cook for 2 minutes until the leaves are crisp and the vegan butter begins to foam and develop a rich, nutty aroma. Add the boiled gnocchi directly to the skillet in a single layer and pan-sear for 2-3 minutes per side until beautifully golden-brown.
6. **[Step 6: Serving & Plating]:** Remove from heat and gently toss the

Gourmet Truffle & Herb French Fries



Prep Time: 25 mins | **Cook Time:** 20 mins

Total Time: 45 mins

Servings: 4

Calories: 280 kcal

Macros: Fat 11g | Carbs 41g | Protein 4g | Fiber 5g

INGREDIENTS

- 4 large (approx. 900g) Russet potatoes, peeled and cut into 1/4-inch (6mm) sticks

- 2 tbsp (30ml) Cold-pressed olive oil (for baking) or 4 cups (1L) Neutral oil (if deep-frying)

- 1.5 tbsp (22ml) Premium white or black truffle oil

- 1/4 cup (25g) Fresh flat-leaf parsley, finely minced

- 1/3 cup (35g) Parmesan cheese, finely grated (optional)

- 1 tsp (5g) Fine sea salt

- 1/2 tsp (1g) Freshly cracked black pepper

PREPARATION

1. **[Step 1: Prep & Safety]:** Soak the cut potato sticks in a large bowl of ice-cold water for at least 20 minutes to draw out excess starch; this is the key to achieving maximum crispiness and preventing the fries from sticking together.
2. **[Step 2: Drying Process]:** Drain the potatoes thoroughly and spread them flat onto clean kitchen towels. Pat them completely dry; any residual moisture will steam the potatoes instead of crisping them.
3. **[Step 3: Initial Coating & Cooking]:** Preheat your oven to 425°F (220°C). Toss the dried potatoes with the olive oil and half of the sea salt in a large bowl until every stick is evenly coated with a thin, glossy layer.
4. **[Step 4: Baking & Golden Cues]:** Arrange the fries in a single layer on a parchment-lined baking sheet, ensuring they do not crowd each other. Bake for 18 to 22 minutes, flipping halfway through, until they are deeply golden-brown and crispy to the touch.
5. **[Step 5: The Gourmet Toss]:** Immediately transfer the hot fries into a clean, dry metal bowl. Drizzle the aromatic truffle oil evenly over the top, then scatter the minced parsley, remaining sea salt, black pepper, and optional Parmesan cheese.
6. **[Step 6: Serving]:** Gently toss the fries using tongs to distribute the seasonings without breaking the crispy exterior. Serve immediately while hot and fragrant. Enjoy your gourmet creation!

Velvety Coconut-Nutmeg Scalloped Potatoes



Prep Time: 20 mins | **Cook Time:** 60 mins

Total Time: 80 mins

Servings: 6

Calories: 245 kcal

Macros: Fat 14g | Carbs 28g | Protein 4g | Fiber 3g

INGREDIENTS

- 2 lbs (900g) Yukon Gold potatoes, peeled and sliced into 1/8-inch (3mm) rounds
- 1 can (13.5 oz / 400ml) Full-fat coconut milk
- 1/2 cup (120ml) Low-sodium vegetable broth
- 3 cloves Garlic, finely minced
- 1/2 tsp (0.5 tsp) Freshly grated nutmeg
- 1 tsp (1 tsp) Sea salt
- 1/4 tsp (0.25 tsp) Freshly cracked black pepper
- 1 tbsp (1 tbsp) Olive oil (for greasing the baking dish)
- 2 sprigs Fresh thyme leaves (for garnish)

PREPARATION

1. **[Step 1: Prep & Safety]:** Preheat your oven to 375°F (190°C) and lightly grease a 9x13-inch (23x33cm) baking dish with olive oil so the starchy potatoes do not stick to the bottom.
2. **[Step 2: Mixing & Texture]:** In a medium saucepan, whisk together the coconut milk, vegetable broth, minced garlic, grated nutmeg, sea salt, and black pepper. Bring to a gentle simmer over medium heat for 3-5 minutes until the garlic is fragrant and the flavors are fully infused into a smooth, aromatic liquid.
3. **[Step 3: Forming/Cooking]:** Arrange half of the potato slices in overlapping rows in the prepared baking dish. Pour half of the warm coconut milk mixture evenly over the layer, then arrange the remaining potato slices on top and pour over the rest of the liquid, ensuring all potatoes are partially submerged to cook evenly.
4. **[Step 4: Timing & Cues]:** Cover the dish tightly with aluminum foil and bake for 40 minutes. Remove the foil and bake uncovered for an additional 20 minutes, or until the top is beautifully golden-brown, the sauce has thickened to a rich gravy, and the potatoes are easily pierced with a fork.
5. **[Step 5: Cooling & Removal]:** Remove the dish from the oven and let it sit undisturbed for 10 minutes; this cooling period allows the creamy sauce to set so the potato layers hold their shape when sliced.
6. **[Step 6: Serving]:** Garnish with fresh thyme leaves and an extra pinch of grated nutmeg, then slice and serve warm. Enjoy this velvety, comforting dish!

Creamy Sweet Potato & Red Lentil Dahl



Prep Time: 15 mins | **Cook Time:** 30 mins

Total Time: 45 mins

Servings: 4

Calories: 345 kcal

Macros: Fat 11g | Carbs 48g | Protein 14g | Fiber 9g

INGREDIENTS

- 1 tbsp (15ml) Coconut oil
- 1 medium (150g) Red onion, finely chopped
- 3 cloves Garlic, minced
- 1 tbsp (6g) Fresh ginger, grated
- 1 large (300g) Sweet potato, peeled and cut into 1/2-inch (1.25cm) cubes
- 1 cup (200g) Split red lentils, rinsed thoroughly
- 1 tbsp (6g) Yellow curry powder
- 1 tsp (2g) Ground cumin
- 1 can (14 oz / 400ml) Light coconut milk
- 2 cups (480ml) Vegetable broth
- 2 cups (60g) Fresh baby spinach
- 1 tbsp (15ml) Fresh lime juice

PREPARATION

- 1. **[Step 1: Sauté Aromatics]:** Heat the coconut oil in a large deep skillet or pot over medium heat. Sauté the chopped onion, garlic, and grated ginger for 4 to 5 minutes until soft and fragrant to release their essential oils and build a sweet flavor base.
- 2. **[Step 2: Toast the Spices]:** Add the curry powder and ground cumin to the pan. Stir constantly for about 1 minute until the spices smell highly aromatic and lightly toasted, ensuring they do not burn.
- 3. **[Step 3: Combine and Simmer]:** Stir in the cubed sweet potatoes, rinsed red lentils, coconut milk, and vegetable broth. Scrape the bottom of the pot to release any browned bits, then bring the mixture to a boil.
- 4. **[Step 4: Cook Until Tender]:** Reduce the heat to low, cover with a lid, and simmer gently for 20 to 25 minutes. The dahl is ready when the lentils are creamy and completely broken down, and the sweet potato cubes are tender when pierced with a fork.
- 5. **[Step 5: Wilt the Greens]:** Remove the lid, stir in the fresh baby spinach, and let it wilt in the residual heat for about 2 minutes. Stir in the fresh lime juice to brighten the rich, earthy flavors.
- 6. **[Step 6: Garnish and Serve]:** Ladle the warm, thick dahl into bowls. Top with an extra drizzle of coconut milk if desired, and enjoy this nourishing meal with warm flatbread or rice!

Ultimate Twice-Baked Potatoes with Crispy Coconut Bacon



Prep Time: 20 mins | **Cook Time:** 65 mins

Total Time: 85 mins

Servings: 4

Calories: 295 kcal

Macros: Fat 11g | Carbs 42g | Protein 7g | Fiber 6g

INGREDIENTS

- 4 large (approx. 800g / 1.7 lbs) Russet potatoes, scrubbed clean
- 1 tbsp (15ml) Olive oil
- 1/2 cup (120ml) Unsweetened almond milk or oat milk, warmed
- 3 tbsp (45g) Vegan butter, softened
- 1/4 cup (60g) Plain vegan sour cream
- 1 tsp (5g) Garlic powder
- 1/2 tsp (2.5g) Fine sea salt
- 1/4 tsp (1.2g) Freshly cracked black pepper
- 1/2 cup (40g) Large unsweetened coconut flakes
- 1 tbsp (15ml) Tamari or soy sauce
- 1 tsp (5ml) Liquid smoke
- 1 tsp (5ml) Pure maple syrup
- 3 tbsp (15g) Fresh chives, finely chopped

PREPARATION

- 1. **[Step 1: Prep & Safety]:** Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper. Prick the washed potatoes all over with a fork so steam can escape during baking, then rub them lightly with olive oil to ensure the skin becomes beautifully crisp.
- 2. **[Step 2: Initial Bake]:** Place the potatoes directly on the oven rack and bake for 50 to 60 minutes, or until they are easily pierced with a sharp fork. While baking, prepare your coconut bacon by tossing the coconut flakes with the tamari, liquid smoke, and maple syrup on a small lined baking sheet; bake this mixture at the same temperature for 5 to 7 minutes until crispy and deep amber brown, watching closely to prevent burning.
- 3. **[Step 3: Scooping & Shell Prep]:** Remove the potatoes from the oven and let them cool for 10 minutes until safe to handle. Slice each potato in half lengthwise, then carefully scoop out the warm potato flesh into a large mixing bowl, leaving a sturdy 1/4-inch (6mm) shell to hold the filling without collapsing.
- 4. **[Step 4: Mixing & Texture]:** Mash the scooped potato flesh with the warmed plant milk, vegan butter, vegan sour cream, garlic powder, sea salt, and black pepper. Whip the mixture vigorously with a fork or potato masher until it is completely smooth, creamy, and free of any large lumps.
- 5. **[Step 5: Filling & Second Bake]:** Spoon or pipe the creamy potato mixture evenly back into the prepared potato shells, piling it high. Place the stuffed potatoes back onto your lined baking sheet and bake at 400°F (200°C) for an additional 15 minutes, or until the tops are beautifully golden and slightly puffed.
- 6. **[Step 6: Garnishing & Serving]:** Carefully remove the hot potatoes from the oven and transfer them to a serving platter. Generously scatter the smoky coconut bacon and fresh chopped chives over the top of each potato. Serve immediately while piping hot!

Golden Pan-Seared Vegan Potato & Onion Pierogi



Prep Time: 45 mins | **Cook Time:** 25 mins

Total Time: 70 mins

Servings: 4

Calories: 340 kcal

Macros: Fat 9g | Carbs 56g | Protein 8g | Fiber 4g

INGREDIENTS

- 2 cups (250g) All-purpose flour
- 1/2 tsp (3g) Salt
- 2/3 cup (160ml) Warm water
- 2 tbsp (30ml) Vegetable oil (for dough)
- 3 medium (450g) Russet potatoes, peeled and cubed
- 2 large (300g) Yellow onions, finely diced
- 3 tbsp (45ml) Vegan butter (for sautéing)
- 1/4 tsp (1.5g) Black pepper, freshly ground
- 1/2 tsp (3g) Garlic powder

PREPARATION

1. **[Step 1: Prep & Filling]:** Place cubed potatoes in a pot of cold salted water, bring to a boil, and cook for 15 minutes until fork-tender so they mash smoothly without lumps. Drain and set aside.
2. **[Step 2: Caramelizing & Mashing]:** Melt the vegan butter in a skillet over medium heat and sauté the onions for 10-12 minutes until deep golden brown and fragrant. Mash the potatoes thoroughly with half of the caramelized onions, garlic powder, salt, and pepper until the texture is fluffy and uniform.
3. **[Step 3: Kneading & Resting]:** In a large bowl, whisk the flour and salt. Pour in the warm water and vegetable oil, stirring until a shaggy dough forms. Knead on a lightly floured surface for 5-7 minutes until the dough feels smooth and elastic like a soft bread dough, then wrap and let rest for 15 minutes.
4. **[Step 4: Rolling & Cutting]:** Roll the dough out to 1/8-inch (3mm) thickness on a floured surface. Use a round cutter or glass to stamp out 3-inch (7.5cm) circles, keeping them thin enough to fold easily but thick enough to hold the filling without tearing.
5. **[Step 5: Filling & Sealing]:** Place 1 tablespoon of the potato filling in the center of each circle. Fold the dough over to create a half-moon shape, pressing the edges firmly together and pinching to create a tight, ripple seal to prevent them opening during boiling.
6. **[Step 6: Boiling & Pan-Searing]:** Cook the pierogi in a pot of boiling salted water; once they float to the top, let them boil for another 2 minutes. Drain, then immediately pan-sear them in a hot skillet with a splash of oil for 2-3 minutes per side until they develop a crispy, golden-brown crust. Serve topped with the remaining caramelized onions!

Crispy Potato Rösti with Avocado and Tomato Salsa



Prep Time: 20 mins | **Cook Time:** 15 mins

Total Time: 35 mins

Servings: 4

Calories: 285 kcal

Macros: Fat 15g | Carbs 34g | Protein 5g | Fiber 6g

INGREDIENTS

- 4 medium (approx. 800g / 1.7 lbs) Russet potatoes, peeled
- 3 tbsp (45g) Unsalted butter, melted
- 1 tbsp (15ml) Olive oil
- 1 tsp (5g) Salt
- 1/2 tsp (2.5g) Black pepper, freshly ground
- 1 large Avocado, diced
- 1 cup (150g) Cherry tomatoes, quartered
- 1/4 cup (10g) Fresh cilantro, finely chopped
- 1 tbsp (15ml) Lime juice, freshly squeezed
- 1/2 small Red onion, finely minced

PREPARATION

- 1. **[Step 1: Prep & Safety]:** Coarsely grate the peeled potatoes using a box grater. Immediately place the grated potatoes into a clean kitchen towel, gather the corners, and squeeze forcefully over the sink to wring out as much starch and moisture as possible so the rösti becomes incredibly crispy.
- 2. **[Step 2: Mixing & Texture]:** Transfer the dry, squeezed potatoes to a large bowl. Toss thoroughly with the melted butter, salt, and black pepper until every strand is lightly coated; the mixture should feel pliable and slightly sticky but not wet.
- 3. **[Step 3: Forming/Cooking]:** Heat the olive oil in a non-stick skillet over medium-high heat. Divide the potato mixture into four equal portions and press them gently into flat, round patties directly in the hot skillet, ensuring they are compressed tightly so they hold their shape.
- 4. **[Step 4: Timing & Cues]:** Cook the rösti for 6 to 8 minutes on the first side until the bottom is deeply golden-brown and the edges are visibly crisp. Carefully flip each patty with a wide spatula and cook for an additional 6 minutes until cooked through and crunchy to the touch.
- 5. **[Step 5: Cooling & Removal]:** Remove the crispy rösti from the skillet and place them on a paper towel-lined plate for 1 to 2 minutes to drain excess oil, allowing the crust to firm up and prevent sogginess.
- 6. **[Step 6: Serving]:** While the potatoes rest, gently fold together the diced avocado, cherry tomatoes, cilantro, lime juice, and minced red onion in a small bowl. Top each warm rösti generously with the fresh salsa and serve immediately for the ultimate hot-and-cool crunch.

Slow Cooker Sweet Potato & Chipotle Chili



Prep Time: 15 mins | **Cook Time:** 360 mins

Total Time: 375 mins

Servings: 6

Calories: 310 kcal

Macros: Fat 4g | Carbs 58g | Protein 12g | Fiber 14g

INGREDIENTS

- 2 medium (approx. 450g / 1 lb) Sweet potatoes, peeled and cut into 1/2-inch (1.25cm) cubes
- 1 medium (approx. 150g) Red onion, finely chopped
- 1 medium (approx. 150g) Bell pepper, diced
- 3 cloves Garlic, minced
- 1 can (15 oz / 425g) Black beans, rinsed and drained
- 1 can (15 oz / 425g) Kidney beans, rinsed and drained
- 1 can (28 oz / 800g) Crushed tomatoes
- 1 cup (240ml) Vegetable broth
- 2 tbsp (30ml) Chipotle peppers in adobo sauce, finely chopped
- 1 tbsp (15g) Chili powder
- 1 tsp (5g) Ground cumin
- 1/2 tsp (2.5g) Salt (or to taste)

PREPARATION

1. **[Step 1: Prep & Layering]:** Place the cubed sweet potatoes, chopped red onion, bell pepper, and minced garlic into the bottom of your slow cooker insert to ensure they are closest to the heat source for even cooking.
2. **[Step 2: Mixing & Seasoning]:** In a medium bowl, whisk together the vegetable broth, crushed tomatoes, chopped chipotle peppers in adobo, chili powder, cumin, and salt until the spices are fully dissolved and integrated.
3. **[Step 3: Combining]:** Add the rinsed black beans and kidney beans to the slow cooker, then pour the seasoned tomato mixture over all the ingredients, stirring gently with a large spoon to combine.
4. **[Step 4: Timing & Cues]:** Cover with the lid and cook on Low for 6 to 8 hours (or on High for 3 to 4 hours) until the sweet potatoes are completely fork-tender and the chili has thickened to a rich consistency.
5. **[Step 5: Rest & Adjust]:** Turn off the slow cooker or set it to 'Keep Warm', then let the chili rest uncovered for 10 minutes to allow the steam to escape, which helps thicken the sauce further. Taste and add a pinch of salt if desired.
6. **[Step 6: Serving]:** Ladle the hot chili into deep bowls, garnish with your favorite toppings such as avocado or sour cream, and enjoy this comforting, smoky meal!

Crispy Japanese Potato Croquettes (Korokke)



Prep Time: 25 mins | **Cook Time:** 15 mins

Total Time: 40 mins

Servings: 4

Calories: 290 kcal

Macros: Fat 11g | Carbs 42g | Protein 6g | Fiber 4g

INGREDIENTS

- 1.5 lbs (680g) Russet potatoes, peeled and cubed
- 1/2 cup (75g) Yellow onion, finely minced
- 1/4 lb (115g) Ground beef or pork (optional, or sub with mushrooms)
- 1 tbsp (15ml) Vegetable oil (for sautéing)
- 1/2 tsp (2.5g) Salt
- 1/4 tsp (1.2g) Black pepper, freshly ground
- 1/2 cup (60g) All-purpose flour
- 2 large Eggs, beaten
- 1.5 cups (90g) Panko breadcrumbs
- 4 cups (960ml) Neutral oil (such as canola or vegetable oil, for deep frying)
- 1/4 cup (60ml) Tonkatsu sauce (for serving)

PREPARATION

- 1. **[Step 1: Prep & Steam]:** Place the cubed potatoes in a large pot, cover with water, and bring to a boil. Cook for 12–15 minutes until fork-tender, then drain thoroughly and mash while hot until completely smooth to ensure a velvety, lump-free texture.
- 2. **[Step 2: Sauté the Filling]:** Heat 1 tablespoon (15ml) of vegetable oil in a skillet over medium heat. Sauté the minced onion until translucent, then add the ground meat, breaking it up and cooking until browned; season with salt and black pepper.
- 3. **[Step 3: Combine & Chill]:** Fold the cooked meat mixture into the mashed potatoes until fully combined and uniform. Allow the mixture to cool completely in the refrigerator for at least 15 minutes, which prevents the croquettes from falling apart during frying.
- 4. **[Step 4: Form the Patties]:** Divide the chilled potato mixture into 8 equal portions. Shape each portion into a smooth, oval patty about 3/4-inch (2cm) thick, making sure there are no deep cracks in the surface.
- 5. **[Step 5: Standard Breading Procedure]:** Set up three shallow bowls: one with flour, one with beaten eggs, and one with panko. Coat each patty lightly in flour, dip in the egg to cover completely, and then roll in the panko breadcrumbs, pressing gently so the breadcrumbs adhere fully for maximum crunch.
- 6. **[Step 6: Fry to Golden Perfection]:** Heat frying oil in a deep pot to 350°F (175°C). Fry the croquettes in small batches for 3–4 minutes, turning once, until they are deep golden-brown and crispy. Drain on a wire rack to keep the bottoms from getting soggy, and serve hot drizzled with Tonkatsu sauce!

Crispy Baked Potato & Spinach Curry Samosas



Prep Time: 35 mins | **Cook Time:** 25 mins

Total Time: 60 mins

Servings: 12

Calories: 145 kcal

Macros: Fat 5g | Carbs 22g | Protein 4g | Fiber 5g

INGREDIENTS

- 2 cups (250g) All-purpose flour
- 4 tbsp (60ml) Coconut oil, melted
- 1/2 cup (120ml) Warm water
- 2 large (350g) Potatoes, peeled, boiled, and cubed
- 2 cups (60g) Fresh baby spinach, finely chopped
- 1/2 cup (75g) Green peas, fresh or frozen
- 1 tbsp (15ml) Vegetable oil (for sautéing)
- 1 tsp (5g) Cumin seeds
- 1 tbsp (6g) Curry powder
- 1/2 tsp (3g) Garam masala
- 1/2 tsp (3g) Salt (adjust to taste)

PREPARATION

- 1. **[Step 1: Prep & Dough]:** Preheat your oven to 400°F (200°C) and line a large baking sheet with parchment paper to prevent sticking. In a large bowl, rub the melted coconut oil into the flour with your fingertips until the mixture resembles fine breadcrumbs. Slowly add the warm water and knead for 5 minutes to form a firm, smooth dough; cover with a damp cloth and let it rest for 15 minutes.
- 2. **[Step 2: Sautéing the Filling]:** Heat the vegetable oil in a skillet over medium heat and add the cumin seeds, letting them sizzle for 30 seconds until fragrant. Stir in the chopped spinach, peas, curry powder, garam masala, and salt, cooking for 3 minutes until the spinach is fully wilted and any excess moisture has evaporated.
- 3. **[Step 3: Mashing & Mixing]:** Add the cubed, boiled potatoes to the skillet, using the back of a spoon to gently mash them so they bind with the spices and spinach, while still keeping some small, textured potato chunks. Remove from heat and let the filling cool completely so it doesn't steam and soften the pastry.
- 4. **[Step 4: Shaping the Samosas]:** Divide the rested dough into 6 equal balls. Roll each ball into a thin circle about 7 inches (18cm) in diameter, then slice each circle in half to form two semi-circles. Fold each semi-circle into a cone shape, sealing the straight edge with a touch of water.
- 5. **[Step 5: Filling & Sealing]:** Stuff each pastry cone with 2 tablespoons of the cooled potato and spinach filling, leaving a small border at the top. Brush the open edges with water, pinch them tightly together, and press with a fork to create a secure, decorative seal to prevent any filling from bursting out.
- 6. **[Step 6: Baking & Serving]:** Place the samosas on the prepared baking sheet and lightly brush them with a thin layer of vegetable oil for a golden finish. Bake for 22 to 25 minutes, turning halfway through, until the pastry is crisp and deeply golden-brown. Let cool for 5 minutes before

Velvet Roasted Garlic & Olive Oil Mashed Potatoes



Prep Time: 15 mins | **Cook Time:** 35 mins

Total Time: 50 mins

Servings: 6

Calories: 220 kcal

Macros: Fat 9g | Carbs 32g | Protein 4g | Fiber 3g

INGREDIENTS

- 1 whole head Garlic
- 2 tbsp (30ml) Extra virgin olive oil (plus more for roasting garlic)
- 2.5 lbs (1.1kg) Yukon Gold potatoes, peeled and cut into 1-inch (2.5cm) chunks
- 1/2 cup (120ml) Warm almond milk (or light vegetable broth)
- 1 tsp (5ml) Salt (plus more for potato water)
- 1/4 tsp (1.25ml) Freshly ground black pepper
- 2 tbsp (8g) Fresh chives, finely chopped

PREPARATION

- 1. **[Step 1: Prep & Safety]:** Preheat your oven to 400°F (200°C). Slice the top off the garlic head to expose the cloves, drizzle with a little olive oil, wrap tightly in aluminum foil, and roast for 35 minutes until the cloves are completely soft and caramelized.
- 2. **[Step 2: Boiling the Potatoes]:** Place the potato chunks into a large pot, cover with cold water by at least an inch, and add a generous pinch of salt. Bring to a boil over high heat, then reduce to a simmer and cook for 15-20 minutes until the potatoes are completely fork-tender.
- 3. **[Step 3: Draining & Drying]:** Drain the potatoes thoroughly in a colander. Return them to the warm, empty pot for 1-2 minutes over very low heat, shaking gently to steam off any excess moisture so they don't become watery.
- 4. **[Step 4: Mashing & Texture]:** Mash the hot potatoes using a potato masher or ricer until no large lumps remain. Squeeze the sweet roasted garlic cloves out of their skins directly into the potatoes, discarding the papery skins.
- 5. **[Step 5: Incorporating Liquids]:** Slowly pour in the warm almond milk (or broth) and extra virgin olive oil while stirring with a wooden spoon. Whip gently until the potatoes absorb the liquids and become silky, fluffy, and smooth.
- 6. **[Step 6: Seasoning & Serving]:** Stir in the salt and black pepper, adjusting to taste. Transfer to a warm serving bowl, create a swirl with the back of a spoon, drizzle with extra olive oil, and garnish with chopped chives. Serve immediately while hot!