

食譜

Recipes



Sweet Corn Mashed Potato Balls

Ingredients:

Potato	4 medium
Sweet corn	½ bowl
Olive oil	1 teaspoon
Skimmed milk	½ cup
Spring onion, finely chopped	Small amount

(Remark: 1 bowl = 250-300 ml; 1 cup ≈ 240 ml)

(Makes about 20 pieces)



Seasoning:

Ground pepper	Small amount
Salt	¾ teaspoon

Method:

1. Wash the potatoes (with peels on).
2. Place the potatoes into the pot and add water to cover them.
3. Bring water to the boil over high heat and then turn to low heat. Boil the potatoes till they are soft.
4. Take out the potatoes. Let them cool down and remove the skin. Mash them.
5. Blanch sweet corn kernels.
6. Add the sweet corn kernels, skimmed milk, olive oil, ground pepper and salt. Mix well.
7. Roll mashed potato into small balls and sprinkle spring onion before serve.



Nutrition Tips

1. Calcium is very important to the bone development of children. Addition of skimmed milk helps increase the content of calcium. Grated low-fat cheese can also be added on the mashed potato balls to add flavour and increase the calcium content.
2. Most children like sweet corn, a cup of sweet corn kernels is a very attractive party food for them.