



PURELY Potato

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PURELY Potato

Creamy Potato, Spinach and Leek Soup

Ingredients

50gm Butter
2 tbs olive oil
2 leeks, sliced. (Use white part only)
750gm **McCain Diced Potatoes**,
steamed, as per cooking instructions
3 cups vegetable or chicken stock
1 tsp ground nutmeg
1 tsp ground cardamom
150ml cream
150gm fresh baby spinach
Salt and pepper to taste
Parsley to garnish

Method

Heat butter and oil in a large heavy pot.
Sauté leeks until translucent then add
potatoes, stock, and spices. Simmer
for 10 minutes. Add cream, spinach and
seasonings and simmer for a further
5 minutes or until spinach has wilted.

Blend soup until smooth.
Serve with a sprinkle of fresh parsley.

Serves 4

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PURELY Potato

Warming Minestrone Soup

Ingredients

- 1tbls olive oil
- 1 medium onion, finely diced
- 1 clove garlic, finely sliced
- 1 rib celery, diced
- ¼ cup tomato paste
- 400gm can of diced tomatoes
- 5 cups vegetable, chicken or beef stock
- 750gm **McCain Diced Potatoes**, frozen
- ¼ small cabbage, shredded
- 1 medium zucchini, sliced
- 500gm **McCain Pea, Carrot and Corn Mix**, frozen
- Salt and pepper to taste



Chopped fresh basil and shaved parmesan to garnish.

Method

Heat oil in a large heavy soup pot. Sauté onion, garlic and celery until soft. Add tomato paste and cook for a further 3 minutes then add diced tomatoes, stock, potatoes and cabbage. Bring to a simmer and cook until potatoes and cabbage are tender. Approximately 20 minutes. Add zucchini, vegetable mix and seasonings and simmer until all vegetables are cooked through. Serve with a topping fresh basil and shaved parmesan.

Serves 6-8

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PURELY Potato

Herbed Mash and Gourmet Bangers

Bangers Ingredients

8 Gourmet Pork Sausages
750gm favorite pasta sauce

Mash Ingredients

1 cup milk
50gm butter
750gm **McCain Diced Potatoes**, steamed
2 tbls chopped fresh basil
Salt and pepper to taste

500gm **McCain Frozen Baby Peas**,
cooked per packet
instructions to serve.

Method

In a large sauté pan, cook sausages until just browned. Add pasta sauce to pan and simmer on low heat for 10 – 12 minutes or until sausages are cooked through. Meanwhile, make the mash by heating the butter and milk in small sauce pan or in the microwave until butter has melted. Mash the steamed potatoes and warm milk mixture until smooth. Mix in basil and seasonings and serve the mash with sausages topped with pasta sauce and a serve of piping hot peas.

Chef's Tips

- Use any of your favourite sausages to create a family favorite.
- Substitute chicken thighs for the sausages to add a new recipe to the family menu.

Serves 4

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PURELY Potato

Mash with Buttermilk and Bacon

For a new and tangy way with mash, combine steamed **McCain Purely Potato Cubes** with warm buttermilk, crispy lean bacon and fresh spring onions.

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PURELY Potato

Potato Hash with Ham & Eggs

For a quick and hearty breakfast or lunch sauté steamed **McCain Purely Potato Cubes** with lean ham, cabbage, spring onion and fresh thyme. Serve with a poached or fried egg.

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PURELY Potato

Perfect Creamy Mash

Ingredients

50gm butter
1 cup milk
750gm **McCain Diced Potatoes**,
steamed, as per cooking instructions
Salt and pepper to taste

Method

Place butter and milk in small sauce pan and heat on low until butter has melted. Mash the steamed potatoes and warm milk mixture until smooth. Add seasonings and serve piping hot.

Chef's Tips

For flavourful twists, stir in any of your favourite chopped herbs or grated parmesan.

For an ultra smooth mash restaurant style, pass the mash through a fine sieve before adding seasonings.

Serves 4

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PURELY Potato

Warm Potato and Pesto Salad

Ingredients

750gm **McCain Sliced potatoes**,
steamed, as per cooking instructions
2 tbsls basil pesto
50gm parmesan cheese, shaved
50gm pine nuts, toasted
Fresh basil and chili flakes to garnish

Method

Combine warm potatoes with pesto and place on a serving platter. Top with parmesan, pine nuts and chili flakes and a sprinkle of fresh basil. Serve warm.

Serves 4

Chef's Tip

For a flavor change try using a sun dried tomato pesto or olives instead of pine nuts.

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PURELY Potato

Citrus Scented Crab Cakes With Creamy Chili Sauce

Crab Cake Ingredients

750gm **McCain Sliced potatoes**, steamed,
mashed and cooled
500gm Crab meat
2 large eggs
1 tbs light soy sauce
Zest and juice of 1 lemon
Zest and juice of 1 lime
¼ cup chopped fresh coriander
½ cup cornflake or bread crumbs
Salt and pepper to taste

Chili Sauce Ingredients

½ cup sour cream
½ cup whole egg mayonnaise
¼ cup sweet chili sauce
1 tbs light soy sauce
Juice of ½ lemon
2 tbs chopped fresh coriander
Salt to taste

To Cook Cakes

¼ - ½ cup vegetable oil to shallow fry cakes
1 cup cornflake or bread crumbs to coat cakes



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Citrus Scented Crab Cakes With Creamy Chili Sauce

Method

Combine all crab cake ingredients well. Cover and refrigerate crab mix for 15 – 20 minutes or until ready to cook. Meanwhile make chili sauce by combining all sauce ingredients. Chill until ready to serve. To make cakes heat oil on a medium heat in a large non stick fry pan. Form crab mix into 10 -12 cakes and coat with crumbs. Fry cakes in small batches until golden brown. Serve warm with a drizzle of the chili sauce wedges of lemons and limes. Serve the cakes with a fresh green salad to make a great lunch or entrée offering.

Chef's Tip

Make crab mix into mini cakes for a great finger food offering at your next party.

Serves 4-6

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PURELY Potato

Beef Hot Pot

Filling Ingredients

- 1 tbls olive oil
- 1 medium onion, chopped
- 2 cloves garlic, crushed
- 500gm rump steak, cut into large cubes
- 2 tbls fresh chopped parsley
- 2 tsps fresh thyme leaves
- 2 tbls Worcestershire sauce
- 500ml prepared beef gravy
- 150gm **McCain Baby Carrots**, frozen
- 150gm **McCain Green Beans**, frozen
- Salt and pepper to taste

Potato Ingredients

- 50gm melted butter
- 750gm **McCain Sliced potatoes**, steamed
- Fresh thyme leaves to serve

Method

In a large sauté pan, heat oil and cook onions and garlic until soft. Add beef and cook until brown. Add remaining filling ingredients and bring to a simmer. Continue cooking until beef and vegetables are heated through. To assemble, butter a medium sized oven proof casserole dish, reserving the remaining butter. Line dish with half of the steamed potatoes. Pour beef mixture over potatoes. Top casserole with remaining potatoes and brush with remaining butter. Place in a pre-heated 200c oven for 15 – 20 minutes or until potatoes are golden brown. Sprinkle with fresh thyme and serve warm.

Chef's Tip

Use any of your favourite McCain Frozen Vegetables to create your own hot pot recipe.

Serves 4-6

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PURELY Potato

Three Cheese Potato Gratin

Ingredients

25gm butter
750gm **McCain Sliced Potatoes**, steamed
75gm each parmesan, tasty and mozzarella
cheeses, grated and combined
200ml cream
Salt and pepper to taste

Method

To assemble gratin, line a medium size casserole dish with the butter. Place a single layer of potatoes, a third of the mixed cheeses, a drizzle of cream and then seasonings. Continue layering gratin creating 3 layers. Bake in a preheated 200c oven for 20 – 25 minutes or until gratin is golden brown.

Chef's Tip

Serve the gratin with roast chicken or grilled steaks and a fresh green salad.

Serves 6

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PURELY Potato

Potato and Pancetta Crisp Breads

Ingredients

6 medium sized pita breads
150gm sundried tomato pesto
750gm **McCain Sliced Potatoes, steamed**
100gm pancetta, roughly chopped
150gm cherry tomatoes, halved
150gm mozzarella cheese, grated
3 spring onions, chopped

Method

To assemble crisp breads spread tomato pesto evenly on each pita bread. Divide potatoes, pancetta, tomatoes and cheese evenly between each pita. Place breads on a baking tray and place in a preheated 200c oven for 10 - 12 minutes or until pitas are crisp and cheese is golden. To serve top each with a sprinkle of the fresh spring onions and serve immediately.

Chef's Tip

These can be cut into small triangles and served as finger food at your next party.

Serves 6

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PURELY Potato

Potato and Ham Torta

Ingredients

- 7 eggs
- 125ml milk
- 125ml cream
- 2 tbs chopped fresh basil
- Salt and pepper to taste
- 1tbs olive oil
- 1 medium onion, finely chopped
- 75gm semi dried tomatoes, finely chopped
- 200gm ham, finely sliced and chopped
- 750gm **McCain Sliced Potatoes**, steamed
- 100gm Swiss cheese, grated
- 50gm parmesan cheese, grated



Method

In a large bowl whisk together eggs, milk, cream, basil and seasonings. Set aside. In a large non-stick, oven proof fry pan heat olive oil on low heat and cook onion until soft. Add the tomatoes and ham and heat through. Gently fold in the potatoes. Keeping heat on low, pour the egg mixture over potato mixture and let cook for 7 – 10 minutes or until the base of Torta is lightly browned. Sprinkle with cheeses and place pan under a hot grill for 5-7 minutes or until Torta is cooked through and cheese is golden brown. Serve hot or cold.

Chef's Tip

Flavour your Torta with any left over vegetables or cooked meats for a quick one pan meal.

Serves 6

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PURELY Potato

Sweet Potato Curry

Ingredients

500gm **McCain Sweet Potato Dice**,
steamed, as per cooking instructions
375gm Prepared curry sauce
150gm McCain frozen baby green beans
150gm zucchini, sliced
250gm chickpeas
Fresh coriander to garnish

500gm steamed rice

Method

In a large sauce pan combine the steamed sweet potato and curry sauce and heat until sauce is warmed through. Add the beans, zucchini and chickpeas and simmer until all vegetables are tender. Serve on a bed of steamed rice and garnish with fresh coriander.

Serves 4

Chef's Tip

Try adding chicken or fish to the curry for a hearty main meal.

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PURELY Potato

Spiced Sweet Potato Mash

Ingredients

500gm **McCain Sweet Potato**, steamed
100ml milk
40gm butter
1 tsp ground cumin
2 tbls finely chopped fresh chives

Method

While potatoes are steaming, combine milk and butter and heat in a small sauce pan or in microwave until butter has melted. Mash hot potatoes with milk mixture. Stir in remaining ingredients retaining a small amount of chives to sprinkle on top of mash to garnish.

Serves 2-3

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PURELY Potato

Sweet Potato and Red Capsicum Soup

Ingredients

1tbls olive oil
1 medium onion, chopped
2 cloves of garlic, sliced
3 tbls tomato paste
450gm roasted red capsicum, roughly chopped
500gm **McCain Sweet Potatoes**, steamed
4 cups chicken stock
Salt and pepper to taste
2 tbls chopped fresh parsley
2 tbls chopped fresh basil

125ml sour cream
200gm **McCain Frozen Corn Kernels**,
cooked and kept warm.

Method

In a large soup pot heat the oil and cook the onion and garlic until soft. Add tomato paste and continue to cook for a further 3 minutes. Add remaining ingredients and bring to a simmer for 20 – 30 minutes or until potatoes are tender. Remove from heat and add fresh herbs. Place soup in a processor and blend until smooth. Serve with a drizzle of sour cream and a sprinkle of warm corn.

Chef's Tip

For a spicier soup add a pinch of dried chili flakes or a sprinkle of smoked paprika.

Serves 4

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PURELY Potato

Sweet Potato Scones with Maple Butter

Scone Ingredients

50gm butter, melted
½ cup brown sugar, packed
½ tsp salt
1 large egg
500gm **McCain Sweet Potato**, steamed,
mashed and cooled
2 cups plain flour
2 teas baking powder

Maple Butter Ingredients

2 tbls pure maple syrup
100gm butter, room temperature

Method

In a large bowl whisk together butter, sugar, salt and egg until light and fluffy. Stir in the mash and combine well. Sift in flour and baking powder and mix into batter until just combined. Dough should be slightly sticky. On a baking paper lined tray drop the dough in 2 tablespoon mounds 5cm apart. Place in a preheated 200c oven for 10 – 12 minutes or until scones are lightly browned. While the scones are baking make the butter by whisking the syrup into the butter.

Chef's Tip

For a spicier soup add a pinch of dried chili flakes or a sprinkle of smoked paprika.

Makes 10 – 12 small scones

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PURELY Potato

Roasted Sweet Potato Salad with Lime and Honey Dressing

Salad Ingredients

- 500gm **McCain Sweet Potato**
- 1 tbls olive oil
- 2 teas ground cardamom
- Salt and pepper to taste
- 120gm fresh rocket
- 250gm bacon, cooked crispy and crumbled
- 1 small red onion, finely sliced
- 70gm pine nuts, toasted
- Zest of 1 lime

Dressing Ingredients

- 1 cup olive oil
- ¼ cup red wine vinegar
- Juice of 1 lime
- 2 teas honey
- Salt and pepper to taste

Method

In a bowl combine potatoes, oil, cardamom and seasonings. Spread in a single layer on a baking tray and bake in a preheated 200c oven for 15 – 20 minutes or until potatoes are lightly browned. To assemble the salad, place rocket on a large platter. Top with warm potatoes, bacon, onion, nuts and lime zest. For dressing, whisk all ingredients together and drizzle over salad.

Chef's Tip

Add grilled strips of chicken or turkey to create a fresh entrée or main meal.

Serves 4

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PURELY Potato

Turkey and Sweet Potato Shepherd's Pie

Mash Ingredients

500g **McCain Sweet Potato**, steamed
100 ml milk
40gm butter
Salt and pepper to taste

Pie Filling Ingredients

1 tbls olive oil
1 medium onion, diced
1 clove garlic, crushed
500gm minced turkey
3 tbls flour
2 cups chicken stock
120ml cream
250gm **McCain Frozen Pea, Carrot and Corn Kernels**
1 teas ground sage
Salt and pepper to taste

Method

To make mash combine milk and butter and heat in a small sauce pan or in microwave until butter has melted. Mash steamed potatoes with warm milk mix and season. Set aside. For filling, heat oil in a large pan and cook the onion and garlic until soft. Add turkey to the pan and brown. Sprinkle flour over turkey mixture and combine well. Add remaining ingredients and bring to simmer stirring occasionally. Simmer until stock has thickened. To assemble pie, divide turkey mixture between 4 oven proof serving bowls. Top each with mash and place in a pre-heated 200c oven for 10 – 15 minutes or until mash is lightly browned.

Chef's Tip

Try using chicken mince or even pork mince as alternatives.

Serves 4

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PURELY Potato

Spice Roasted Potato Salad

Salad Ingredients

750gm **McCain Potato Chunks**,
steamed, as per cooking instructions
1 tbs olive oil
1 tbs Moroccan seasoning
Salt and pepper to taste
100gm green beans, blanched
100gm yellow grape tomatoes, halved
Fresh greens to garnish

Dressing Ingredients

½ cup mayonnaise
1 tbs seeded mustard
Juice of ½ lemon
1 tsp sugar
Salt and pepper to taste

Method

Pre-heat oven to 200c. Combine steamed potatoes, oil and all seasonings. Spread potatoes on a flat baking tray and bake for 15-20 minutes or until golden. Set aside to cool slightly.

Meanwhile, combine all dressing ingredients. Place potatoes on serving platter and top with beans, tomatoes and a drizzle of dressing. Sprinkle with fresh greens and serve.

Serves 4

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PURELY Potato

Potato, Chicken and Lentil Casserole

Ingredients

- 1 tbs olive oil
- 2 cloves garlic, finely sliced
- 1 medium onion, chopped
- 700 gm chicken thighs, roughly chopped
- 3 tbs tomato paste
- 400gm can diced tomatoes
- 2 tsps sugar
- 400gm can lentils, drained and rinsed
- 1 teas dried oregano
- ½ tsp dried thyme
- 750gm **McCain Potato Chunks**, steamed
- Salt and pepper to taste



To Serve

- 100gm grated parmesan cheese to serve

Method

Heat the oil in a large heavy pot. Sauté garlic and onions until translucent then add chicken and brown. Add remaining ingredients and simmer for 10 to 15 minutes or until sauce has thickened. Serve in large bowls and sprinkle with cheese.

Chef's Tip

Serve with crusty garlic bread and a fresh green salad.

Serves 6

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PURELY Potato

Roast Garlic and Lemon Potatoes

Ingredients

750gm **McCain Potato Chunks**, steamed
2 tbs olive oil
2 tbs butter, melted
Juice of ½ a lemon
4 large cloves garlic, slightly crushed
1 tbs fresh rosemary leaves
Salt and cracked pepper to taste

Zest of 1 lemon to garnish

Method

Place steamed potatoes in a bowl. Add remaining ingredients, reserving lemon zest, and gently combine. Spread potatoes in a single layer on a lightly greased baking tray and place in a pre-heated 200c oven. Bake for 15 - 20 minutes or until potatoes are golden brown. Arrange potatoes on a serving platter and top with a sprinkle of lemon zest.

Serves 4

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PURELY Potato

Cheesy Potato and Vegetable Bake

Ingredients

750gm **McCain Potato Chunks**, steamed
½ head broccoli, cut into floweretes and
blanched
½ head cauliflower, cut into floweretes
and blanched

Cheese Sauce Ingredients

40gm butter
3 tbsl flour
1 ½ cups milk
Pinch nutmeg
Salt and pepper to taste
100gm tasty cheese, shredded

2 tbsl bread crumbs.

Method

Place steamed potatoes and vegetables in a medium sized oven proof serving dish. To make the sauce, melt butter in a medium sauce pan. Add flour and cook for a further 3 minutes stirring constantly. With a whisk, slowly add milk and seasonings. Remove pan from heat and add the cheese stirring until melted. Pour sauce over potato and vegetables and sprinkle with bread crumbs. Bake in a pre-heated 180c oven for 15 - 20 minutes or until golden brown.

Chef's Tip

Use any of your favourite McCain frozen vegetables to create your own quick cheesy bake.

Serves 4

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PURELY Potato

Potato and Eggplant Thai Curry

Ingredients

- 1 tbs olive oil
- 1 medium onion, chopped
- 1 large eggplant, cubed
- 1 tbs prepared Thai green curry paste.
- 400gm can chick peas, drained
- 150gm **McCain frozen green beans**
- 400gm can coconut milk
- 1 cup vegetable stock
- 750gm **McCain Potato Chunks**, steamed
- 1 bunch fresh coriander, roughly chopped

To Serve

- Jasmine rice
- Fresh coriander

Method

Heat the oil in a large heavy pot. Sauté onions until translucent then add eggplant and brown. Add curry paste and continue cooking for a further 3 minutes stirring constantly. Add remaining ingredients and simmer for 10 - 15 minutes or until sauce has thickened. Serve with warm jasmine rice and a sprinkle of fresh coriander.

Chef's Tip

Try adding fish or chicken to this recipe for a warming main meal.

Serves 4

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PURELY Potato

Greek Potato Salad

Ingredients

750gm **McCain Potato Chunks**, steamed
1 small red onion, sliced
150gm Kalamata olives
150gm feta cheese, crumbled
1 punnet cherry tomatoes, halved
1 tbs fresh oregano leaves
1 tbs fresh parsley leaves
Zest of 1 lemon
Juice of ½ lemon
2 tbs olive oil
Salt and fresh cracked pepper to taste

100gm rocket leaves to serve

Method

Place all ingredients, reserving rocket for garnish, in a large bowl and gently combine.
Arrange mix on a large platter and top with fresh rocket.

Chef's Tip

Serve this salad as a light lunch or add grilled lamb strips for a hearty main meal.

Serves 4

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