

## Scary Mash

### What to find:

750g potatoes  
150g broccoli heads (not stalks)  
100ml milk  
25g butter  
Black pepper

### Kitchen Stuff:

Potato peeler  
Chopping board  
Rounded ended knife / small vegetable knife  
Large pan and lid  
Colander  
Potato masher



### What to do:

1. Peel the potatoes and cut the potatoes into even sized pieces.
2. Put the potato chunks into a pan and just cover the potatoes with water.
3. Bring the pan to the boil, lower the heat and cover with a lid. Boil for 12 minutes and add the broccoli. Cook for another 5-7 minutes and test to see if the potatoes are soft by carefully pushing a knife into the potato. If it doesn't go through easily cook for another 2-3 minutes until the potato is soft. Try not to overcook the broccoli – test that the potato is beginning to soften before you add the broccoli.
4. Drain the water from the vegetables as quickly as possible and return them to the pan.
5. Mash well with the masher, add the butter, milk and black pepper and continue to mash well.

**ALWAYS HAVE A GROWNUP IN THE KITCHEN WITH YOU, WHEN YOU COOK**