

## GARLICKY POTATOES A PAPILOTE

SERVES 2/3 / PREPARE 5 MINS / COOK 40 MINS

### Ingredients

300g Well-scrubbed small (and similarly sized) new potatoes  
1 tbsp Refined Olive oil  
½ Garlic bulb  
1 Bay leaf  
1 Spring thyme  
Salt & pepper (to taste)

### Instructions

Pre-heat the oven to 190C.

Scrub the potatoes and leave whole – unless you are using larger potatoes, which will need to be chopped into 3cm cubes.

Dry the potatoes well and put them in a bowl with the bay leave, thyme, half a bulb of garlic (cut horizontally) and olive oil.

Add salt and pepper if using and mix all ingredients well with your hands.

Cut a 40cm baking parchment square and put the potatoes on one half, then fold over the paper and crumple or fold all three sides tightly to seal the parcel.

Put on a baking tray and into the oven for 40min. The parcel will puff up as the potatoes steam and roast in the parcel.

Take care when you open the parcel as the potatoes will release very hot steam which can burn you.

Serve the potatoes and garlic with a roast or grilled chicken or baked fish



### Nutrifacts



**Potatoes** baked with their skins on are high in FIBRE which helps keep a healthy gut and regulates intestinal transit.

**Potatoes** are also high in POTASSIUM needed to maintain healthy blood pressure.

**Refined olive** oil has a higher smoke point than extra virgin olive oil so it is ideal for roasting or frying at high temperatures. For salads, it is best to use extra virgin olive oil as it contains more of the beneficial monounsaturated fats.

**Garlic** is high in an important antioxidant, VITAMIN C which also supports the immune system. Laboratory tests indicate that garlic has anti-inflammatory properties and may help MODULATE THE IMMUNE SYSTEM.