

Potato Gratin

SERVES 4

Low-calorie spray oil

3-4 large potatoes, washed, peeled and finely sliced 30g Parmesan, grated

100g reduced-fat Cheddar

120ml chicken stock

120ml light cream

1 tsp garlic granules

Black pepper

Fresh thyme

Method

Preheat your oven to 200°C and give an ovenproof dish a light spray of oil. Set aside half your Cheddar (you'll use half in the gratin and sprinkle the other half on top).

Add a layer of potato slices to the dish. Then sprinkle with Cheddar and Parmesan. Repeat the layers until everything's used up.

Next, we are going to make the sauce. In a mixing jug, stir the stock, cream and garlic granules.

Then pour this over the potatoes.

Sprinkle the rest of the Cheddar cheese on top, cover the dish with tinfoil and pop it in the oven for 35-40 minutes. Remove the foil for the last 10 minutes to allow the cheese to go golden brown. Garnish with black pepper and thyme.

Airfryer Roasters

SERVES 6

1kg rooster potatoes, peeled and chopped into halves or quarters

Low-calorie spray oil

Method

Pop the potatoes in a microwaveable bowl and rinse them until the water runs clear. Drain all the water.

Pop them in the microwave for 10 minutes (more if making a big batch), giving them a good shake halfway through. You want them slightly soft to the touch. Give the microwaved potatoes another good shake to fluff them up.

Pop in the airfryer with a good glug of oil. (We remove the grids/trays so that the potatoes sit on the bottom of the baskets, in the oil.) Cook for 30 minutes at 200°C, shaking them every 10 minutes. Serve and enjoy.

*above is same method for ships, just cut into chips rather than halves or quarters

Croquettes

SERVES 4

6-7 Rooster potatoes, peeled and chopped into quarters
40g Cheddar, grated
20g Parmesan, grated
1 egg, beaten
40g panko breadcrumbs

Method

If you're not using an airfryer, preheat your oven to 200°C.

Pop the potatoes into a microwaveable bowl. Rinse under the tap and drain all the water.

Microwave the potatoes for 10-12 minutes until they are soft to the touch.

Grab a masher and mash, mash, mash. Add in the Cheddar and Parmesan and mix it all up really well.

Now to get messy! Take a palm sized piece of the mixture and use your hands to shape it into a cylinder. Repeat until you've used all the mixture.

Dip the potato cylinders in the beaten egg. Then cover them with the panko breadcrumbs. Pop them in the airfryer at 190°C for 15 minutes or you can bake them in the preheated oven for 20-25 minutes, until golden brown. Serve with some ketchup for dipping.

Parmesan Potatoes (with chicken)
One pot wonder - this is amazing

3-4 Chicken Breasts or Thighs
Lemon Pepper (optional)
1 tsp Garlic Granules
70g Grated Parmesan
300mls Chicken Stock
200mls Double Cream

Method

- Season chicken with lemon pepper and on a hot pan with some oil sear each side to brown
- Boil some baby potatoes until soft, slice in half and crush a little with the back of a knife
- Pop into the hot pan and crisp off then turn
- Sprinkle over the garlic granules & the Parmesan
- Add in the stock (from the side, you don't want to drown the spuds) and then the cream
- Bake in the oven at 180° for 40 mins and serve