

## Spinach mash and hot Thai dressing



### Hot Thai dressing

4 tbsp sesame seed oil  
3 tsp palm sugar  
8 tbsp light soy sauce  
50ml Indian lime juice  
1 tbsp fresh watercress chopped  
1 tsp black sesame seeds  
1½ tsp white sesame seeds  
2 tsp seaweed flakes  
¼ tsp red chilli powder  
1 tbsp watercress leaves  
2 tbsp chopped coriander



### Spinach mash

750g/1lb 10oz potatoes  
85g/3oz spinach  
25g/1oz dairy free spread  
75ml soya milk  
Salt and pepper to taste

### Preparation

(For the mash) Peel and chop potatoes into chunks.  
(For the dressing) Prepare the watercress and coriander.

### Method

(For the mash)

1. Boil potatoes in lightly salted water for about 15 mins or until tender.
2. Add the spinach leaves and cook for 1 min or until wilted.
3. Drain, return to pan and mash with the butter, milk and plenty of seasoning.

(For the dressing)

1. Heat the sesame oil in a frying pan.
2. Add the palm sugar and once dissolved, add soy sauce, lime juice, sesame seeds, seaweed flakes and red chilli powder. Give it a good stir.
3. Finish by adding the watercress and coriander.

Serve the mash onto plates and pour over the dressing.

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