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## Recipe

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Type of Cuisine:  
Irish

Recipe Name:  
Mustard Champ

### Ingredients:

- 1kg potato, peeled and quartered
- 1-2 tbsp wholegrain mustard
- 200ml milk
- 50g butter
- 2 bunches spring onion, washed and sliced

### Method:

1. Boil the potatoes for 15 mins or until tender.
2. Drain, then mash
3. Heat the milk and half the butter in the corner of the pan
4. Then beat into the mash, along with the wholegrain mustard.
5. Gently fry the spring onions in the remaining butter for 2 mins until just soft but still a perky green. Fold into the mash and serve.

Author: Selina Erhabor UK



Serves: 4

Time to Prepare: 10mins

Time to Cook: 20mins

Allergens: Dairy

Suitable for

