Recipe: Vegan Irish Spinach Colcannon

Ingredients:

🕐 35 minutes

- 900g potatoes, peeled and chopped
- 3 tbsp olive oil or vegan butter
- 4 cups fresh spinach, chopped
- ½ cup scallions, finely chopped (green and white parts)
- ½ cup unsweetened plant-based milk
- Sea salt and black pepper

Nutritional Hero: Spinach

Spinach can help improve your eye health—thanks to lutein and zeaxanthin. These two powerful antioxidants found in spinach accumulate in the retina and help filter harmful blue light, reducing the risk of age-related macular degeneration and cataracts.

Instructions:

1. Place the chopped potatoes in a large pot of salted water. Bring to a boil and simmer until tender (about 15 minutes). Drain and set aside.
2. In a large skillet, heat 1 tbsp of olive oil over a medium heat. Add the chopped spinach and cook for 1-2 minutes until wilted. Remove from heat.
3. Return the drained potatoes to the pot. Add the remaining olive oil (or vegan butter) and start mashing. Gradually add the plant-based milk until the mash reaches your desired consistency — creamy but not watery.
4. Stir in the sautéed spinach and chopped scallions. Season generously with sea salt and black pepper. Mix well to distribute the greens evenly throughout the mash.
5. Spoon into a bowl and top with an extra drizzle of olive oil. Garnish with chopped fresh herbs e.g., parsley.