



Smashed Crispy Honey Roast Potatoes

EASY • 60 MINS

If you've been thinking of stepping up your smashed potatoes game, this is it! Crunchy, smokey and just a hint of satisfying sweetness from pure Capilano honey.



SKILL LEVEL
Easy

PREP TIME
15mins

COOKING TIME
45 mins

SERVINGS
8

Ingredients

- 1.5kg baby coliban (chat) potatoes
- 60ml (1/4 cup) [Capilano Manuka Honey](#)

Method

1. Preheat oven to 180°C (fan-forced). Lightly grease a large baking tray.

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- 60g butter, chopped
- 1 tbsp olive oil
- 4 short cut bacon rashers, finely chopped
- 2 tbsp chopped fresh chives

Used in this recipe



AUSTRALIAN MANUKA HONEY

Nature's Sweet Superfood

Capilano Raw & Unpasteurised Manuka Honey is independently tested and certified to contain a minimum 30 mg/kg of Methylglyoxal (MGO).

The higher the MGO, the more potent the honey.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's Australian Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine

Australia produces some of the most potent, best tasting Manuka in the world. With a rich, smooth, caramel taste, enjoy it in your daily cup of tea, smoothies, cereal, or simply by the spoonful.

Method

2. Place the potatoes in a large saucepan and cover with cold water. Cover and bring to the boil over high heat. Uncover. Cook for 10 minutes or until just tender. Drain.
3. Transfer potatoes to prepared tray. Set aside to cool slightly. Use the heel of your hand to gently crush each potato.
4. Combine honey and butter in a small saucepan over low heat. Cook, stirring occasionally, until melted. Brush two-thirds of the mixture over the potatoes. Bake for 45 minutes or until golden brown and crispy.
5. Just before the potatoes are ready, heat the oil in a frying pan over medium-high heat. Add the bacon. Cook, stirring occasionally, until golden. Add remaining honey mixture and stir to combine.
6. Transfer the potatoes to a large serving plate and top with the bacon mixture. Sprinkle with the chives and serve warm.

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