

A close-up photograph of a bowl filled with small, golden-brown potato chunks coated in a thick, creamy sauce. A fresh green parsley sprig is placed on top of the spuds. The background is blurred, showing other food items.

A *Beta*
potato &
bacon dip

Cream Spuds

The logo for Beta Spuds, featuring the word "Beta" in a yellow, bubbly font above the word "Spuds" in a white, bold font, all set against a blue circular background.

Beta
Spuds

For a
Taste
of something
Beta



Cream Spuds

Bright golden skin and deliciously creamy flesh make this Beta Spud perfect for the more simple techniques:



Boil



Mash

Dip ingredients:

- 4 medium cream spuds
- 75g bacon
- 100g grated cheddar
- 500ml sour cream
- 1 garlic clove, minced
- 1 shallot, sliced
- Salt and pepper

Method:

Peel potatoes and cut in 1/4, place in a large pot of cold salted water, bring to a boil and simmer for 10-15 minutes until tender. In a pan, fry bacon until crispy, remove from pan and let rest on paper towel. Add shallots and garlic to the pan and lightly sauté. Add bacon, cheese, shallot and garlic to a bowl and season. Mash potatoes whilst still warm, add to bowl and mix well. Season and add sour cream. Serve warm or cool.

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best

WA grown and produced, Beta Spuds are surprisingly healthy with virtually no fat, far less carbs than you think and more nutrients, vitamins and minerals than many superfoods. You can enjoy this recipe and many more without the guilt!

Learn more at
betaspuds.com.au