

Irio

Irio is the Kikuyu word for 'food' although the term has come to be associated with a particular type of dish where various ingredients are mashed together.

Serves 6

750 g potatoes, peeled and cut into eighths

2 cups frozen peas

1½ cups frozen or tinned corn (you can use fresh, but you will need to pre-boil it before adding)

salt, to taste

pepper, to taste

2 tbsp butter



Place the peas and potatoes in a pot and cover with water.

Cook until the potatoes are soft.

Mash the peas and potatoes together until combined.

Stir in the corn.

Add salt, pepper and butter to taste.

Serve as a side dish.