

Swede and Carrot Mash

This delicious mash is a tasty, nutritious alternative to traditional mashed potatoes. Its natural sweetness and earthy flavours make it a perfect side dish that adds a burst of colour to your plate. Swede contains vitamin C and B9, and carrots are a good source of vitamin A - great for supporting immune function. This mash is perfect along side a roast, grilled steak or fish, a stew or casserole or even as a topping to a veggie pie.

INGREDIENTS

- 450g swede, peeled and chopped
- 450g carrots, peeled and chopped
- 2 tbsp extra-virgin olive oil
- ½ tsp ground nutmeg
- Salt and pepper

NOTES

Chopping swede can be tricky due to its tough outer skin and flesh. Peel it first, and if you can, use a sharp knife to cut it (watch your fingers).

Chopping the veg into smaller chunks will help them to cook more quickly, saving on energy and time.



METHOD

1. Steam or boil the swede and carrots until tender, for around 10 - 15 minutes.
2. Drain and cover the pot again, to let the vegetables steam dry for other 5 minutes.
3. Mash with olive oil and stir in the nutmeg and pepper.
4. Season with a little salt to your taste.



Serves 4 (as a side)



Cost per serving: £0.28



Time to make: 35 mins