

Carrot & Parsnip Mash



Serves 10 Prep 15 mins

Cooking 25 mins

Easy

Ingredients

650g carrots

650g parsnips

50g butter

4 tbsp double cream or crème fraîche

1. Peel and chop the carrots and parsnips into small chunks. Put the carrots in a large pan of salted water and bring to the boil. After 5 minutes, add the parsnips and cook for 15-20 minutes until tender.
2. Drain the vegetables well then put into a food processor. Add the butter and cream or crème fraîche. Blend until smooth then season with salt and black pepper. If you do not have a food processor, use an electric hand whisk to get a smooth and creamy consistency, or mash the vegetables by hand.
3. The day before: Prepare, cook and puree the vegetables the day before. Keep them in the fridge then reheat in their serving dish in the microwave on High for 5 mins.