

Broccoli & Swede (Makes 4 portions)

Ingredients

100g/4oz broccoli

½ small swede

Method

1. Peel and chop the swede into small cubes and boil for 10-15 minutes.
2. Wash broccoli well, cut into small florets and boil for 10-15 minutes.
3. Drain, reserving the cooking liquid.
4. Purée both the broccoli and swede until smooth, adding a little of the liquid or low protein milk, to make the desired consistency.
5. Alternatively, steam the vegetables for 10 minutes.
6. Add the water from the steamer, or low protein milk, to make a smooth purée.

Note

Broccoli is also tasty mixed with root vegetables purée like carrot or sweet potato.