

Broccoli Trio (Makes 4 portions)

Ingredients

1 medium sweet potato (approx. 200g/7oz)*

50g/2oz broccoli florets

50g/2oz cauliflower florets

* may need to count as exchanges

Method

1. Peel and chop the sweet potato and boil for 5 minutes.
2. Place the broccoli and cauliflower florets in a steamer basket above the sweet potato, cover and continue to cook for 5 minutes.
3. When all the vegetables are tender, purée them into a blender together with a knob of butter and enough of the cooking liquid to make the desired consistency.