

Puréed Swede & Carrots

Ingredients

450g/1lb swede

450g/1lb carrots

10 tablespoons water

50g/2oz butter

Salt and pepper



Method

1. Peel and chop the swede and carrots. Cut into even sized pieces.
2. In one bowl, place the cubed swede. Add 5 tablespoons water. Cover and cook for 7-8 minutes on high until soft.
3. In a bowl, place the cubed carrots. Add the 5 tablespoons of water. Cover and cook for 7-8 minutes on high until soft.
4. Mash the cooked swede with 25g/1oz of the butter. Place in ramekin dishes. Leave for about 10-15 minutes or until cold.
5. Mash the cooked carrot with 25g/1oz of the butter. Place in ramekin dishes. Leave for about 10-15 minutes or until cold.
6. Turn out the swede and carrot from the moulds.
7. Reheat for 2-3 minutes on high.