

Carrot or Parsnip (Makes 4 portions)

Ingredients

2 medium carrots or parsnips

Method

1. Peel, trim and slice the two carrots or parsnips.
2. Place in a saucepan of lightly boiling water, cover and simmer for 25 minutes or until tender.
3. Drain, reserving the cooking liquid and purée to a smooth consistency, adding as much of the reserved liquid as necessary.