

View from the Fridge – Recipes from Brian Donkin

Recipe # 41 – Bashed Root Vegetables

Preparation time: 5 mins – Cooking time: 20 mins

Ingredients

1 large carrot
1 small white turnip
1 small swede
Chopped parsley
Salt and pepper
50 gms of butter

Method

1. Peel carrot, turnip and swede and cut into small chunks.
2. Put in pot and fill with enough cold water to just cover the vegetables
3. Bring to the boil and simmer for 15 minutes
4. Drain off water, mash the vegetables with the butter and season with salt and pepper
5. Serve with chopped parsley

Serves 4

