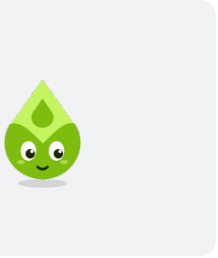
Dinner, Mediterranean

Buttery Parsnip and Carrot Mash

Tender parsnips and carrots are mashed with butter and broth into a smooth, comforting side dish, finished with a sprinkle of fresh parsley.

35 min	140	28 g	9 g
time	calories	carbs	sugars



Vegetarian | Nut free

Ingredients, 4 servings

- [ ] 4 med parsnips (peeled and chopped)
- [ ] 2 med carrots (peeled and chopped)
- [ ] 2 tbsp unsalted butter
- [ ] 1/4 cup low sodium vegetable broth
- [ ] 1/4 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 1 tbsp fresh parsley (chopped, for garnish)

Method

- [ ] 1 Fill a large pot with water and set it over high heat. Once the water boils, slide the chopped parsnips and carrots into the pot.
- [ ] 2 Leave the parsnips and carrots in the boiling water for 15 to 20 minutes, or until a fork slides through them with no resistance.
- [ ] 3 Pour off the water and tip the drained parsnips and carrots back into the empty pot.
- [ ] 4 Drop in the unsalted butter, then break the parsnips and carrots down using a potato masher or a sturdy fork.
- [ ] 5 Splash the low sodium vegetable broth in a little at a time, mashing between each addition, and stop once the mash turns creamy.
- [ ] 6 Stir in the salt and black pepper so the seasoning spreads evenly through the mash.
- [ ] 7 Finish by scattering the fresh parsley over the top just before serving.

Nutrition Facts

Per serving

Calories	**140**
Total fat	3.5 g
Saturated fat	2 g
Sodium	200 mg
Total carbs	28 g
Fiber	8 g
Total sugars	9 g
Protein	2 g

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