Dinner

Carrot and swede mash with horseradish

Soft carrot and swede mashed together with vegetable oil spread and creamed horseradish for gentle warmth, finished with a grind of black pepper.



Low fat

25 min	59	6.6 g	6.2 g
time	calories	carbs	sugars

Ingredients, 8 servings

- [ ] 450 g carrots, peeled and chopped
- [ ] 450 g swede, peeled and chopped
- [ ] 25 g vegetable oil spread
- [ ] 2 tbsp creamed horseradish
- [ ] freshly ground black pepper

Method

- [ ] **1** Peel and chop the carrots and the swede.
- [ ] **2** Put the carrots and swede in a pan of boiling water and cook for 20-25 minutes, until tender.
- [ ] **3** Drain the vegetables and return them to the pan.
- [ ] **4** Add the vegetable oil spread and the creamed horseradish, then mash everything together well.
- [ ] **5** Season to taste with freshly ground black pepper.

Nutrition Facts

Per serving

Calories	**59**
Total fat	2.5 g
Saturated fat	0.4 g
Sodium	Not listed
Total carbs	6.6 g
Fiber	3.3 g
Total sugars	6.2 g
Protein	0.9 g

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