

Root Vegetable Mash

COST	DIFFICULTY	TIME
CHEAP	EASY	QUICK
AFFORDABLE	MEDIUM	MEDIUM
EXPENSIVE	HARD	LONG



About

Veg mash is just like mashed potatoes but uses all kinds of vegetables so you can get your 5 a day! It is similar to carrot and parsnip mash which is often eaten at a traditional Christmas dinner, but it can be a side to any dish, with grated cheese, gravy or with a creamy soup, or you can make it spicy depending on your taste. You really can stir in anything you want like spring onions, freshly grated carrot or cream cheese, or add a handful of kale or spinach for extra iron-rich greens. This dish is high in nutrients and is also great as baby food!

The method explains how to use a microwave to make this dish, but the same steps can be followed using a saucepan on a hob instead.

Appliances needed

Hob or Microwave

Ingredients

500g potatoes,
400g carrots,
500g parsnips

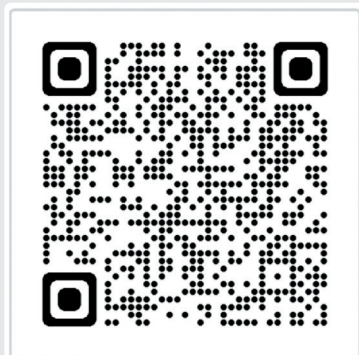
Optional: crumble in a stock cubes or add salt and pepper.
See more suggestions below.

Equipment

chopping board
a sharp knife
a mixing bowl or big jug (for the microwave) or a saucepan for the hob
1 peeler (or keep the skin on and use a clean wire scrub to just clean the outside of vegetables!)
a fork or potato masher

Method (steps)

You can watch a video of this dish being made with a microwave on the [Growing Communities Youtube page](#) by scanning the QR code:



[Alternatively, type 'FoodNet Cook-a-long: Vegetable Mash Recipe' into YouTube]

Peel and chop the vegetables into chunks

1. Chop the carrot and parsnips into smaller pieces than the potato (1cm squared or roughly the size of a 20p coin) as they are hardest and take longer to cook
2. Chop the potatoes into slightly bigger pieces

Cook in the microwave with water

3. Boil water in a kettle or on a hob.
4. While the water is boiling, place the vegetables in the bowl
5. Pour boiling water over the vegetables until they are covered in water (if using, crumble in the stock cubes so they dissolve in water)
6. Put in the microwave for 16 minutes, but **remember to take it out halfway through to stir**; so in for 8 minutes, stir, and in for another 8 minutes.

Mash and add other ingredients:

7. Mash with a fork or potato masher.
Add oil or butter or any other additions that you like.



Additions

- If you have any hard cheese such as cheddar or parmesan, grate a little on top once you have mashed the veg it will give the dish a depth of flavour and a comforting feel, or have with gravy!
- If you feel adventurous or want to add some heat, you could add fresh chilli or chilli powder
- Chopped spring onions or fresh herbs like parsley or coriander can be added to create a refreshing flavour
- Other spices like nutmeg create a warm winter flavour and go well with butter for a hearty side

Using leftovers

This root vegetable veg mix will keep for **up to three days** in the fridge and you can turn it into a wide range of dishes over the next few days and keep getting your 5-a day!

- Keep in the fridge and turn it into a **healthy potato salad** by adding things like mayonnaise, cherry tomatoes, freshly grated carrots or wholegrain mustard, lemon juice or fresh herbs
- Make **Christmas mash** – needs butter, onion, breadcrumbs, thyme and parmesan: Make a topping by melting butter in a frying pan with onion for 5-6 minutes, until golden. Mix in some breadcrumbs and thyme. Reheat the mash in the microwave and then pour the mixture over the top of the mash in a baking dish. Grate some parmesan on top and put the whole mixture in the oven for 5 minutes so the top is crispy.



- You can turn it into spicy potato cakes using onions and spices ([see the Aloo Tikki recipe](#))
- Turn it into **healthy hash browns** by frying the mixture in some olive oil with chopped onions and serve with a traditional fry/fried eggs and salad for a healthy breakfast