

Dairy free sage and swede mash

Takes 30-55 minutes, serves 4 and uses potato masher

INGREDIENTS

1kg swede, peeled and cubed into 1cm pieces
2 teaspoons extra virgin olive oil
5 large Sage leaves, finely chopped, plus a little extra for garnish.
0.25 teaspoons ground nutmeg
2 tablespoons extra virgin olive oil
Salt and pepper

DIRECTIONS

If you are roasting the swede, pre-heat the oven to gas mark 7, 425°F, 218°C, 198°C fan. Mix the swede with about 1 teaspoon olive oil in a roasting tin and place in the oven to cook for 40 minutes, stirring occasionally.

If you are boiling the swede, place in a pan with lightly salted water and bring to the boil. Simmer for 15 minutes, then drain in a sieve and leave to strain for 1 minute to ensure that as much water is removed as possible.

Once you've cooked your swede in your desired method, add it to a pan with the sage, nutmeg, olive oil and season well. Mash thoroughly until smooth then serve garnished with a bit of extra chopped sage.

