

Roast Sweet Potato & Parsnip Mash

Ingredients -

- Sweet Potato
- Parsnip
- Butter
- Olive oil
- Salt & pepper

Method –

This is about taking two ingredients with quite strong individual flavour profiles and goldilocking it to get the combined flavour “just right”!

1. Wash your potatoes and parsnips, don't peel.
2. Coat in olive oil and place in oven, 250 degrees, for around 30 – 40 minutes or are until they are completely cooked through. Your using the same method here as if you were making a jacket potato. Parsnips have a very fibrous and tough core running through the centre, so you need to make sure this is fully cooked through also.
3. Remove from the oven and let cool slightly, either slice down the middle and scoop out the insides with a spoon or just pull the skin away with your fingers.
4. Place in a pan with a good bit of butter and season, mix together, squishing any chunkier bits with a wooden spoon as you go. There should be no need to get the masher out! This can be heated through on the hob before you serve.
5. Keep your skins and don't throw away, you're going to add these to the water from your potatoes to finish off the stock for your gravy

