



Mix veggie mash

Serving: 1

Veg

Ingredients

- -1 and $\frac{1}{2}$ cup of mixed vegetables e. g. diced carrots , sweet potato, or cauliflower and pumpkin
- -2 cloves garlic, crushed
- -1 teaspoon herbs, chopped e. g. thyme, rosemary, parsley, oregano
- -1 tsp oil

Preparation Method

- Put the vegetables and garlic in a large pot of water, bring to the boil, cook for 10-12 mins then drain, return vegetables to pot.
- Add butter and herbs, mix and mash, then serve immediately.