

Garlicky Carrot and Sweet Potato Mash

Printed from Carrot Recipes at <http://www.carrotrecipes.co.uk/>

This easy recipe for a sweet, creamy, flavourful mash is perfect for serving up with your favourite roast meat, crispy roast potatoes and some tender veggies. Serve it with pan juices or a thick, meaty gravy. You could also serve it with a creamy sauce - it is very versatile.

Ingredients:

500g carrots
500g sweet potatoes
3 garlic cloves, peeled
25g butter
Salt and pepper

Directions:

1. Peel and dice the potatoes and carrots. Place the carrots, sweet potatoes and garlic into a pan of boiling salted water. Bring back to the boil and simmer for 12-15 minutes or until tender.
2. Drain well and mash using a potato masher until as smooth as possible. Beat in the butter using a wooden spoon, then season with salt and pepper.

Author: Laura Young