

Carrot & Parsnip Purée



(6-8 Servings / 10 min Prep Time / 20 min Total Time)

Ingredients:

12 oz of Carrots
1 lb Parsnips
Pinch of freshly grated Nutmeg
1 tbsp Butter
1 tbsp Light Cream
1 bunch Italian parsley leaves, chopped finely
Salt and ground black Pepper

Directions:

Peel the carrots and parsnips and cut into bite-size chunks.
Boil the two together in salt water until tender
Drain them well and put them through food mill with the grated nutmeg, a good seasoning of salt, pepper and butter.
Puree together and taste for seasoning.
If you like blend in some cream to taste and add the chopped parsley for extra flavor.