

Mashed Vegetable Variations

Potato with broccoli and cheese

Add well-cooked broccoli to cooked potatoes before mashing. Add grated cheese, butter and milk and stir while melting through.



Sweet potato with carrot and zucchini

Cook sweet potato, carrot and zucchini. Add butter and milk and blend with a stick blender to create a smooth consistency. Experiment with herbs or mild spices eg. nutmeg.



Mashed potato with mushroom gravy

In a frying pan, sauté mushrooms with some butter, garlic and thyme until well-softened. Add chicken stock and flour to create a sauce. Serve over mashed potatoes.



Looking for more ideas? Try these other vegetable combinations:

- Pumpkin with sautéed leek and chives
- Potato with cannellini beans, garlic and rosemary
- Potato with cheese and chives
- Sweet potato, carrot and mild mustard
- Creamy cauliflower and broccoli