

Cheese and onion topped vegetable mash

Ingredients for Mash:

Sweet potato and Swede

Carrot

Onion (Red or White)

Organic cheese (or vegan substitute from your local shop)

Method:

Boil a saucepan of water and add your root veg, peeled and roughly chopped.

At the same time, chop and fry your onion or leek or both, and grate your cheese.

When the veg is soft, drain and mash with a bit of butter. Then top with your fried onion or leek and sprinkle with the cheese.

Yummy!