



## Lemony Swede Mash

### List of ingredients

1kg swede, peeled  
1 teaspoon margarine  
2 tablespoons parsley, finely chopped  
2 teaspoons lemon rind, finely grated  
salt and pepper



*Feeds 4 people.*

### How to cook the dish

1. Cut swede into small pieces and place in a saucepan. Cover with water.
2. Cook until tender (10 to 15 minutes).
3. Drain well and mash thoroughly with margarine.
4. Add salt, pepper, parsley and lemon rind.