



Rosemary Potato and Carrot Puree

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan

By: Cuisine l'Angélique

PORTIONS: **6 to 8**

PREPARATION: **20 MINUTES**

COOKING: **30 MINUTES**

INGREDIENTS

- 1.25 kg Yukon Gold potatoes, peeled and cut into pieces (about 10)
- 675 g carrots, peeled and sliced (about 6 medium)
- 2 sprigs of fresh rosemary (tied in a muslin)*
- 2.5 ml (1/2 tsp) salt
- Water for cooking
- 60 ml (4 tbsp) margarine **
- plant-based milk substitute, if necessary
- Salt and pepper, to taste
- 2 green onions, finely chopped
- 15 ml (1 tbsp) fresh rosemary, finely chopped

PREPARATION

1. Place potatoes, carrots and rosemary in a large saucepan. Cover with water and add salt.
2. Bring to a boil and simmer over medium heat until vegetables are cooked and really tender.
3. Remove the rosemary and drain.
4. Using a pestle, mash vegetables with margarine.
5. Add the plant-based milk substitute gradually, pounding between each addition, until a smooth and creamy puree is obtained.
6. Season with salt and pepper, to taste, then add green onions and fresh rosemary.



Easy to prepare, this puree adds a festive air to your menu!

Note : The weight of potatoes and carrots is given once they are peeled.

TIP

* If you don't have cheesecloth on hand, simply use a piece of cotton as a bag to hold the rosemary that you can tie with a baking string.

** If you do not follow a diet excluding dairy products you can replace margarine with butter.