

MARLEY SPOON



Thanksgiving! Four-Root Puree

Featured in Martha's 100th Cookbook

 30-40min  2 Servings

An elegant upgrade to the traditional mashed potato, this four-root puree highlights autumn's heartiest bounty. The quartet of vegetables is complemented by a sweet and savory blend of maple syrup and tamari, with a bright and uplifting finish from lemon—both zest and juice. This is a favorite of Martha's for her holiday table as it provides an ideal base for any showstopping protein. (2-p serves 4; 4-p serves 8)

What we send

- 2 potatoes
- 6 oz carrots
- 2 parsnips
- 1 golden beet
- 1 lemon
- garlic
- 1 oz maple syrup
- ½ oz tamari soy sauce ²
- ¼ oz fresh parsley

What you need

- kosher salt & ground pepper
- unsalted butter ¹

Tools

- vegetable peeler
- microplane or grater
- large pot
- immersion blender, food processor, or blender

Cooking tip

Instead of an immersion blender, transfer mixture (in batches if needed) to a blender or food processor and carefully process until smooth.

Allergens

Milk (1), Soy (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 250kcal, Fat 6g, Carbs 44g, Protein 5g



1. Prep ingredients

Peel **potatoes, carrots, parsnips,** and **beet** and cut into ½-inch pieces. Zest **lemon** and juice **1 teaspoon**.



2. Cook veggies

Place **veggies** and **1 clove peeled garlic** in a large pot or saucepan with **1 tablespoon salt** and enough water to cover by 1 inch. Bring to a boil and cook until veggies are tender, 10-15 minutes. Reserve **1 cup cooking liquid** and drain veggies.



3. Puree

Return **veggies** to pot off heat with **½ cup reserved cooking liquid, lemon zest, 2 tablespoons butter, 2 teaspoons maple syrup,** and **1 teaspoon each of tamari and lemon juice**. Use an immersion blender to puree until smooth; season to taste with **salt** and **pepper**. See cooking tip.

If **puree** is too thick, add more **cooking liquid** incrementally until desired consistency.



4. Garnish & serve

Remove **parsley leaves** from stems and coarsely chop. Transfer **puree** to a serving plate or shallow bowl and garnish with **parsley leaves**. Enjoy!



5. ...

Looking for more steps?



6. ...

You won't find them here! Enjoy your Marley Spoon meal!