

Martha 100

Four Root Puree



ca. 20min



2 Servings

What we send

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

What you need

- butter ¹
- kosher salt & ground pepper

Tools

- large pot with a lid

Allergens

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

Nutrition per serving

Calories 0kcal

1. Prep ingredients

Peel veggies and cut into ½-inch pieces. Zest lemon and juice 1 teaspoon.

4. Garnish

Remove parsley leaves from stems and coarsely chop. Transfer puree to serving plate and garnish with parsley leaves and more lemon zest. Enjoy!

2. Cook veggies

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

5.

3. Puree

Return veggies to pot off heat with ½ cup reserved cooking liquid, 2 tablespoons butter, 2 teaspoons of maple syrup, and 1 teaspoon each of lemon zest, tamari, and lemon juice. Puree until smooth and season to taste with salt and pepper.

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

6.