

Swede & Cabbage Hash Bake

Happy New Year! It has felt like a nice long break to us at least, and we hope you have had a good festive time too, ready to start the new year brimming with energy and ideas. It feels especially great to be getting just that little bit more light each day too. We are enjoying the earthiness of our winter veg now, after the indulgences over Christmas; taste the sweetness of swede and other root veg with this yummy hashy bake, great with poached eggs & bacon!

Serves 4

1kg swede

½ small green cabbage, shredded

1 onion, peeled & finely chopped

2 tbsp groundnut/vegetable oil

50g unsalted butter

sea salt & black pepper

1 heaped tsp grainy mustard

2 handfuls coarsely chopped parsley



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Peel the swede and cut into small chunks. Boil in a large pan of salted water and simmer for 20-30 minutes until tender. Drain and coarsely mash, then squeeze out excess liquid through a sieve and place in a large bowl. Heat half the oil and butter in a large frying pan over a medium heat and fry the onion for a few minutes, stirring, then add the cabbage and stir-fry for a few minutes more until soft. Mix with the swede, season well and stir in the mustard and parsley. Grease a roasting pan with the rest of the oil and heat at 220C for 10 minutes. Press the hash mix into the hot pan, dot the remaining butter on top and bake for 35 minutes until golden. Serve with grilled mushrooms and tomatoes, or with your favourite roast or stew.



Tel: 01793 772287

info@purtonhouseorganics.co.uk

www.purtonhouseorganics.co.uk

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