KIKKOMAN

Mashed potato, parsnip and leek

Total time **30 mins** **15 mins** preparation time **15 mins** cooking time

Nutritional facts (per portion):
969 kJ / 231 kcal

Fat: **14.5 g** Protein: **3.5 g**
Carbohydrates: **20.7 g**

INGREDIENTS

4 portion(s)

400 g	potatoes, peeled
100 g	parsnips, peeled
1	leek
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	olive oil
2 pinch	sugar

PREPARATION

Step 1

Cut the peeled potatoes and parsnips into walnut-sized pieces and put them on to boil with cold water. Cook for approx. 15 minutes.

Step 2

In the meantime, cut the leek in half (lengthways) and rinse well. Then cut the leek into very fine strips using the fibres as a guide.

Step 3

As soon as the potatoes and parsnips are soft, drain them and briefly return them to the cooker to allow them to steam off.

Step 4

Now add olive oil, Kikkoman soy sauce, sugar and leek to the potatoes and parsnips and mash well.