

Caroline Heard's Orange Sweet Potato Mash

Cooking Time	30-60 Minutes
Difficulty	Easy
Health & Allergies	Vegan, Dairy-Free
Serves	4 (alter amounts of ingredients if making for less or more serves)

Ingredients

- 4 medium sized sweet potatoes, peeled and cut into chunks
- 3 medium sized peeled potatoes, cut into chunks
- 1 small orange, zested and juiced
- 2 tablespoons extra virgin olive oil
- 1 tablespoon pink Himalayan salt (ordinary salt is OK)
- 4 spring onions, chopped
- 1/2 cup dried cranberries, optional (but lovely!)

Directions

1. Place sweet and regular potatoes in a large pot and cover with water. Boil for 35-45 minutes until very soft.
2. Alternatively, cook in your microwave oven until very soft
3. Drain and place back in pot or serving dish. Mash with potato masher
4. Add the rest of the ingredients and mix well. Serve hot or warm.

Notes and Tips

Feel free to add fresh basil or mint right before serving to enhance the flavours even more.
An easy but “fancy-shmancy” version of mashed spuds!