

# Creamy Swede Bake



|                       |                                                                                                                                                                                                                     |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Serves                | 6                                                                                                                                                                                                                   |
| Prep time             | 45 minutes                                                                                                                                                                                                          |
| Cook time             | 40 minutes                                                                                                                                                                                                          |
| Total time            | 1 hours, 25 minutes                                                                                                                                                                                                 |
| Allergy / Intolerance | <a href="#">Amines</a> , <a href="#">Artificial Additives</a> , <a href="#">Artificial Colours</a> , <a href="#">Egg</a> , <a href="#">Glutamates</a> , <a href="#">Preservatives</a> , <a href="#">Salicylates</a> |
| Suitable for          | <a href="#">RPAH Elimination Diet - Low Chemical / Failsafe</a>                                                                                                                                                     |
| Meal type             | <a href="#">Side Dish</a>                                                                                                                                                                                           |
| Misc                  | <a href="#">Child Friendly</a> , <a href="#">Pre-preparable</a> , <a href="#">Serve Hot</a>                                                                                                                         |

## Ingredients

- 1kg swede (peeled and roughly copped)
- 40g butter or Nuttalex
- Salt
- 1 bunch chives (finely chopped)
- 6 spring onions (finely chopped)
- 4 tablespoons cream or butter milk
- 1/3 cup home made bread crumbs (Refer to Basics Page)
- Canola oil spray (for greasing)

## Optional

- 1 teaspoon chopped parsley

## Directions

1. Pre-heat the oven to 190°C. Lightly grease an oven-proof dish.
2. Put the swede pieces into a large saucepan with just enough cold water to cover. Bring to the boil, then lower the heat, cover and simmer until tender, about 20 minutes. Remove from the heat and drain.
3. Mash the cooked swede with 25g of the butter or Nuttalex and season with salt. Stir in the chives, parsley, spring onions and cream.
4. Pour the swede mixture into the prepared dish, smooth the top and sprinkle evenly with the bread crumbs. Dot the top with the remaining butter / Nuttalex.
5. Bake for 40 minutes, until golden on top. Serve hot.

## Note

Low Chemical / Failsafe

Refer here for [bread crumbs recipe](#).

Parsley contains salicylates so use sparingly if sensitive.