

Celeriac and Wholegrain Mustard Mash

Makes: 2 Servings

Ingredients

Celeriac – 400g Raw
Low Fat Cream Cheese – 100g
10ml Olive Oil
1tsp Wholegrain Mustard
Salt & Pepper
500ml Water



Instructions

1. Bring 500 ml of water to the boil in a saucepan.
2. Peel the outer layer off the Celeriac and chop into small 1 inch chunks and boil for 15 minutes.
3. Drain and add your cream cheese then mash or blend.
4. Add your olive oil and continue to mash until your mash is at your desired consistency.
5. Stir in the wholegrain mustard and salt and pepper to taste.
6. Split it into your 2 portions and serve

Nutrition information:

Per serving:

Kcal 125
Fat 5g
Carbs 10g
Protein 8g