

Creamy Buttered Swede - Mashed Neeps

This simple vegetable side dish recipe of creamy buttered swede, aka neeps, makes a perfect addition to the dinner table.

Great served up at family meals and for Christmas, Burns Night or Hogmanay.

Swede gently boiled, then mashed with butter and an optional splash of milk or cream.



★★★★★
4.97 from 27 votes

Prep Time
5 mins

Active Time
20 mins

Course: Side Dish, Vegetarian Cuisine: British, European, Scottish

Keyword: mash, mashed swede, neeps Yield: 6 People as a side Calories: 113kcal

Author: [Luke and Kay - Flawless Food](#)

Equipment

- Masher
- Cooking pot with Glass lid

Materials

- 1 kg Swede aka Neeps, Rutabaga, ~~turnip~~
- 3 tbsp Butter feel free to use dairy free butter for vegan friendly version
- Salt and Pepper To Taste

Optional for extra creaminess

- Cream/or Milk Splash

Instructions

1. Dice the swede into 1 inch cubes
2. Gently boil in salted water for 20 minutes
3. Drain the swede in a colander and leave to air dry
4. In a pan over medium heat, place in the butter and a splash of cream/milk (optional) heat on low until butter has melted.
5. Add the cooked swede and mash to the consistency that you desire. Add more milk/cream or butter if required.
6. Serve with your choice of main.

Nutrition

Calories: 113kcal | Carbohydrates: 14g | Protein: 2g | Fat: 6g | Saturated Fat: 4g | Cholesterol: 15mg | Sodium: 71mg | Potassium: 508mg | Fiber: 4g | Sugar: 7g | Vitamin A: 177IU | Vitamin C: 42mg | Calcium: 73mg | Iron: 1mg