Mashed Root Vegetables and Chard

**Ingredients**
- 2 large sweet potatoes
- 4 parsnips
- 2 medium turnips
- 3 stalks of swiss chard
- ¼ cup of shaved parmesan (optional)
- Olive oil
- Salt and pepper to season
- Pinch of grated nutmeg and cumin

**Method**
1. Peel all veggies and put in pot to cover with cold water.
2. Bring to a boil and lower to a simmer.
3. In the meantime, shred the Parmesan, grate in the nutmeg and add a drizzle of olive oil.
4. When the veggies are just about cooked through, when you can pierce them with a knife and have it just about come out clean, add the shredded silverbeet or other leafy green of your choice and put the lid back on for a couple more minutes.
5. Strain the veg, replace in the pot, add the parmesan mixture and mash. It may need a splash more oil.