

# Kūmara

## Available

All year round. Red, orange or golden kūmara.

## Buy

Choose kūmara that are firm with unbroken skin.

## Store

In a cool, dark cupboard.



## Prepare



Scrub well and remove any small roots, peel if required.

Can be:



Diced or grated



Sliced



Peeled



Chopped into wedges

## Cook

Can be:



Boiled



Mashed



Baked



Steamed



# Savoury vegetables and mince

(serves 4)

## Ingredients

500 grams mince  
2 cups grated kūmara  
1 can (400grams) tomatoes, or 4 fresh tomatoes, chopped  
1 large onion, finely chopped  
2 cups water  
1 teaspoon stock powder  
1 cup frozen peas  
2 cups sliced silverbeet  
To serve:  
extra kūmara, diced  
parsley, chopped

## Method



**1** Brown mince in a large saucepan.



**2** Add the kūmara, tomatoes, onion, water and stock powder. Cook for 10 minutes.



**3** Add peas and silverbeet and cook for 5 minutes.



**4** Serve with diced, boiled, red and orange kūmara and parsley.

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