

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



Peeled



Sliced



Chopped into wedges

Cook Can be:



Boiled



Mashed



Baked

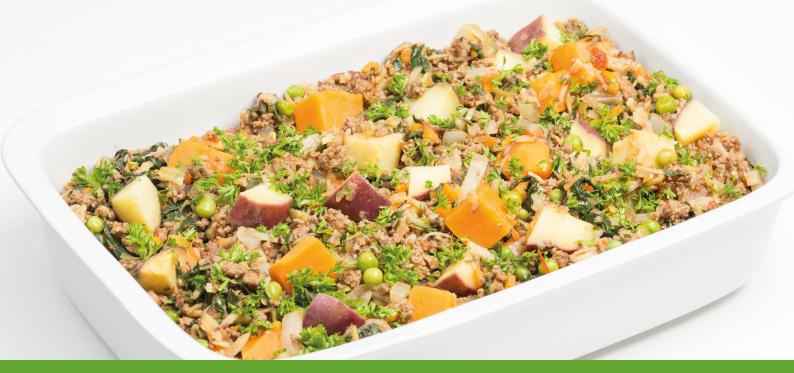


Steamed









Savoury vegetables and mince (serves 4)

Ingredients

500 grams mince2 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



Brown mince in a large saucepan.



Add peas and silverbeet and cook for 5 minutes.



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



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

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes

