

# Fruit & Vege Co-op



## Kumara

<p><b>STORAGE</b></p> <p>Store kumara in a cool, dark, dry place (remove from plastic bags)</p>	<p><b>PREPARATION</b></p> <ul style="list-style-type: none"> <li>- Scrub well with water, top and tail kumara (peel if mashing)</li> <li>- Chop into chunks or small cubes</li> </ul>
<p><b>ADD FLAVOUR</b></p> <ul style="list-style-type: none"> <li>- Mash kumara with potatoes or pumpkin and a little milk.</li> <li>- Combine cooked kumara chunks with chopped banana and vinaigrette dressing for a tasty salad.</li> <li>- To make homemade kumara chips slice into matchsticks and brush with 1 tbsp oil and 2 tsp crushed garlic. Sprinkle over black pepper or dried herbs and roast in oven.</li> </ul>	<p><b>VEGE UP</b></p> <ul style="list-style-type: none"> <li>- Add diced kumara to casseroles, curries, soups or stews at the beginning of cooking.</li> <li>- Combine with other roast vegetables such as pumpkin and potato for a hot or cold roast vegetable salad.</li> <li>- Grate into mince mixtures to make meat loaves and meat balls.</li> <li>- Add cooked kumara chunks to lunch boxes.</li> </ul>
<p><b>COOKING</b></p> <ul style="list-style-type: none"> <li>- Boil in a pot of water, covered for 15 minutes or until tender.</li> <li>- Steam over boiling water for 15 minutes until tender.</li> <li>- Microwave kumara with a little water in a covered dish for 7-9 minutes on high.</li> <li>- Roast kumara chunks for 45 minutes at 200 degrees.</li> </ul>	
<p><b>RECIPE: Roast Vegetable Salad</b> <span style="float: right;"><i>Adapted from: The Healthy Food Guide</i></span></p>	
<p>8 cups vegetables of your choice: pumpkin, kumara, potatoes, yams, carrots, parsnips, beetroot, onions, garlic                  2 tbsp oil                  1 tsp ground cumin, paprika or fresh herbs such as rosemary for flavour (optional)                  Salt and pepper to taste                  Optional: spinach, cottage or feta cheese</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 220 degrees. Prepare vegetables: remove skin from pumpkin, onions and garlic and wash the other vegetables well</li> <li>2. Cut all vegetables into 2-3 cm cubes</li> <li>3. Place vegetables in a roasting pan and drizzle oil over top (add seasoning if using). Toss to coat</li> <li>4. Bake for about 45-60 minutes or until tender, turning vegetables once after 30 minutes</li> <li>5. Remove from oven and combine all in a bowl. Season with a pinch of salt and pepper</li> <li>6. If using additional ingredients such as spinach, add to bowl and toss</li> </ol> <p><b>Variations:</b></p> <ul style="list-style-type: none"> <li>- Add other diced vegetables such as capsicums, mushrooms, eggplant and courgette to the roasting pan after half an hour as these take less time to roast</li> <li>- Mix 2 cups couscous with 2 cups boiling water (and leave to stand for 5 minutes). Add this to the vegetables in step 5. Alternatively stir through 2 cups cooked rice (brown or white)</li> <li>- Drizzle 2 tbsp. maple syrup or 1 tbsp balsamic vinegar over the vegetables before roasting to add additional flavour</li> </ul>	