


Fruit & Vege Co-op



Kumara

STORAGE	PREPARATION
Store kumara in a cool, dark, dry place (remove from plastic bags)	<ul style="list-style-type: none">- Scrub well with water, top and tail kumara (peel if mashing).- Chop into chunks or small cubes.
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none">- Mash kumara with potatoes or pumpkin and a little milk.- Combine cooked kumara chunks with chopped banana and vinaigrette dressing for a tasty salad.- 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.	<ul style="list-style-type: none">- Add diced kumara to casseroles, curries, soups or stews at the beginning of cooking.- Combine with other roast vegetables such as pumpkin and potato for a hot or cold roast vegetable salad.- Grate into mince mixtures to make meat loaves and meat balls.- Add cooked kumara chunks to lunch boxes.
COOKING	
<ul style="list-style-type: none">- Boil in a pot of water, covered for 15 minutes or until tender.- Steam over boiling water for 15 minutes or until tender.- Microwave kumara with a little water in a covered dish for 7-9 minutes on high.- Roast kumara chunks for 45 minutes at 200 degrees.	
RECIPE: Kumara and Corn Fritters	
<p>1 medium kumara 1 can creamed corn 1 egg ½ cup self-raising flour 2 tsp fresh ginger (finely chopped or grated) 2 Tbsp fresh chopped herbs 1-2 Tbsp canola oil (for shallow frying)</p> <ol style="list-style-type: none">1. Boil kumara in a pot of water, once soft drain water and lightly mash2. Mix all ingredients together (except oil)3. Heat pan with oil and add large spoonful's of the mixture4. Fry for 4-5 mins on each side, until golden brown.	<p>Fact: Kumara is a good source of vitamin C and contains fibre, making it healthy option to fill you up and give you energy.</p> 

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op