


Fruit & Vege Co-op



Yams

STORAGE	PREPARATION
Refrigerate in a plastic bag.	<ul style="list-style-type: none">- Wash and scrub (if necessary).- Use whole or slice up for stir fries.
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none">- Add ginger, orange or sweat and sour sauce to bring out the flavour.- Lightly drizzle with honey and roast.	<ul style="list-style-type: none">- Roast with other vegetables such as pumpkin, kumara, potato.- Slice and add to stir fries or pastas.- Grate and add to raw salads.- Mash and serve alongside meat dishes.
COOKING	
<ul style="list-style-type: none">- Bake, boil, steam, microwave, roast, stir fry or stew.	
RECIPE: Stir-fried Ginger Yams (Serves 4) <i>Source: vegetables.co.nz</i>	
<p>500g yams 1 Tbsp canola oil 1 Tbsp finely grated peeled ginger ¼ tsp salt 3 Tbsp chopped coriander ½ lime (or lemon) ¼ tsp sesame oil (optional) 1 hot red chilli, halved, deseeded and finely chopped (optional)</p>	 <div style="border: 1px solid red; padding: 5px; margin-top: 10px;"><p>FACT: Yams give you lots of energy and contain beta-carotenoids which help protect the body from toxins.</p></div>
<ol style="list-style-type: none">1. Wash yams, trim ends and pat dry with a paper towel. Slice into round circles.2. Heat a wok over medium-high heat, then add the canola oil and let it get nice and hot. Add yams and stir-fry for 4 minutes, stirring every 20 seconds or so.3. Season with salt, ginger and chilli and stir-fry, stirring constantly, for 1 minute more. Stir in sesame oil. Tip yams into a serving dish, stir through coriander and squeeze over lime. Serve immediately.	

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

