



STUFFED KUMARA

Season:	Winter
From the garden:	Kumara, parsley
Type:	Side or main dish
Difficulty:	Easy
Country of origin:	New Zealand
Serves:	6 serves or 30 tastes
Source:	nadialim.com

Equipment

- *chopping board and knife
- *bowls
- *measuring spoons
- *tea spoons
- *grater
- *frying pan
- *baking tray

Ingredients

- *1,5 kg small gold or orange kumara
- *3 small red or brown onion
- *5 garlic cloves
- *2 tsp ground paprika
- *2 tsp dried mixed herbs or oregano
- *1 tsp ground cumin
- *1 tsp ground coriander
- *½ chilli flakes
- *bunch of parsley
- *2 cups grated cheese
- *½ tsp salt and pepper to taste
- *oil for cooking

Method

- 1.preheat oven to 220 degrees
- 2.give the kumara a good scrub to get all the dirt off

3. cut the kumara in half lengthwise and score flesh in a criss cross pattern
4. place them on a baking tray, drizzle with a little oil and sprinkle with salt and pepper
5. roast for around 15 minutes till tender (test with a knife)
6. while the kumara is roasting, peel and chop the onion and garlic
7. cook them with a little bit of oil in the frying pan until softened
8. add the spices and cook for another minute
9. wash and chop the parsley
10. remove the kumara from the oven and let them cool down. Switch the oven to "grill"
11. when cool enough to handle, scoop out the flesh carefully with a teaspoon. Don't break the skin
12. mix the kumara flesh with the onion mixture, parsley and one cup of grated cheese. Season with salt and pepper
13. fill the skins with the mixture and sprinkle with the remaining cheese
14. put the stuffed kumara under the grill for a few minutes until the cheese is golden and bubbling

Notes: Stuffed kumaras can be served with a salad, salsa, guacamole or a sour cream dressing.

Skills: *measuring, chopping, scooping, mixing*