



# KUMARA WEDGES

<b>Season:</b>	Year round
<b>From the garden:</b>	Kumara, herbs
<b>Type:</b>	Side dish / main
<b>Difficulty:</b>	easy, medium or difficult
<b>Serves:</b>	12 adult serves / 30 tastes
<b>Source:</b>	Adapted from: <i>Di Swann - Food in a minute</i>

## Equipment

- Knife
- Chopping board
- Oven tray
- Baking paper
- Tongs

## Ingredients

- \* 8-10 large kumara
- \* Any fresh herbs you like from the garden
- \* Coconut oil
- \* Salt and pepper

## Method

1. Pre-heat oven to 200. Fill sink with hot water and place a jar of coconut oil in it so that the oil can liquify and will pour easily.
2. Thoroughly wash kumara but don't peel. Cut into wedges about 2 cm thick and place into a roasting dish that has been lined with baking paper.
3. Wash and chop any garden herbs that you like. Add herbs and kumara wedges to the baking tray and season with salt and pepper.
4. Drizzle with 1-2 tbsp liquified coconut oil. Toss so that the oil covers the kumara.
5. Roast for 20-25 minutes, turning once during cooking until golden and tender.

Serve with a dip such as sour cream, aoli or hummus