KAI RUA
ASPARAGUS, KŪMARA AND POTATO GRATIN

INGREDIENTS
1 large kūmara, washed and peeled
1 large potato, washed and peeled
Bunch of asparagus spears, cut into three
1 onion, finely sliced
2 cloves of garlic, finely chopped
Drizzle of olive oil
Salt and pepper to taste
¼ cup of dried kawakawa
1 tablespoon flour
1 cup of milk
2 tablespoons Parmesan cheese
2 tablespoons breadcrumbs

METHOD
1. Preheat oven to 180°C
2. Slice kūmara and potato into 3mm slices, then layer them into a baking dish, alternating with the asparagus spears and onion.
3. In a small pot, heat the olive oil and fry the garlic until it’s just starting to brown. Add the flour, salt and pepper. Whisk until there are no lumps.
4. Slowly drizzle in the milk while constantly whisking to make sure the mixture is smooth. Add in the dried kawakawa.
5. Bring to a boil, then remove from heat.
6. Pour the sauce on top of the layered vegetables, then sprinkle with Parmesan and breadcrumbs.
7. Bake for about 1 hour, until the top is bubbly and golden brown.
8. Sprinkle with your favourite garnish, then serve.
HUAREKAWHENUA

KŪMARA, CARROT & SPINACH SALAD
WITH HOROPITO & LEMON DRESSING

HOROPITO AND LEMON DRESSING

INGREDIENTS
- ¾ cup water
- ¼ cup vinegar
- ¼ cup sugar
- 1 teaspoon salt
- A good handful of fresh or dried horopito leaves
- 3–6 cloves garlic, according to taste
- ¼ red capsicum
- ½ medium-sized carrot
- 1 tablespoon cornflour
- 10–15cm fresh ginger
- Juice and rind of 3 lemons

METHOD
1. Put the water, vinegar, sugar and salt into a saucepan and bring to a simmer.
2. Add the fresh or dried horopito leaves. You may want to tear them up a little to help them release their heat and flavour.
3. Simmer for 5–10 minutes.
4. Meanwhile, finely chop or mince the garlic cloves, de-seed and chop the capsicum as finely as possible and finely grate the carrot. Add lemon juice and rind.
5. Strain the horopito from the liquid.
6. Add the garlic, capsicum and carrot to the liquid and simmer for another 5–10 minutes.
7. Mix the cornflour with two tablespoons of water and stir it into the hot liquid.
8. Simmer the mix for another minute or so until the cornflour is cooked. The liquid will be translucent.
9. Remove the saucepan from the heat.
10. Grate the fresh ginger and, by hand, squeeze the juice from the gratings into the saucepan and stir to combine.
11. Pour the hot sauce into hot, sterilised jars to cool.

SALAD

INGREDIENTS
- 3 medium kūmara, chopped into bite-sized pieces
- ½ large carrot, cut into thick chunks
- 60g fresh spinach
- ½ red onion, sliced chunky
- ½ cup sunflower seeds
- 4 sundried tomato strips, finely chopped
- ½ teaspoon chia seeds
- Drizzle of olive oil
- Salt and pepper to season

METHOD
1. Preheat oven to 180°C
2. Wash and chop kūmara then place into an ovenproof dish, drizzle with olive oil and season with salt and pepper. Bake for 20 minutes.
3. Once baked, add the carrot and red onion to the ovenproof dish and return to the oven for another 5–10 minutes or until the carrot and red onion has softened and the kūmara is cooked through.
4. In a bowl, add the cooked kūmara, carrot, red onion, spinach, sunflower seeds and chia seeds. Pour the horopito and lemon dressing on top and mix everything together. Fold in sundried tomatoes. Add additional salt and pepper if needed.

Serve hot or cold as a meal or side dish.

RECIPES CREATED BY PATRICK SALMON

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