

Roasted Kumara

Ingredients:

4 kumara

1 onion

2 bundles kumara leaves
or rocket

4 rashers streaky bacon
or 150 g smoked salmon
(optional)

1 bundle green beans

4 tbsp honey

1 orange

1 tbsp wholegrain mustard

1 lemon

4 tbsp olive oil

salt and pepper to taste



***Look for bold ingredients at the market.**

Directions:

1. Preheat the oven to 180°C/350°F/gas 4. Wash the kumara and cut into 2-3 cm chunks (leave the skin on) and slice the onion. Put on baking tray, drizzle with olive oil and place in the oven.
2. Clean and cook the beans al dente (still firm).
3. Meanwhile, juice the lemon and mix with the honey, mustard and olive oil.
4. Wash the kumara leaves/rocket and chop roughly. Skin the orange and slice into segments.
5. If using, fry the bacon/separate the smoked salmon and cut into pieces.
6. When the kumara are soft, take them out of the oven, toss them with the beans, kumara leaves/rocket, orange, dressing, salt and pepper and put everything back on the tray. Top with bacon/smoked salmon.
7. Bake until the leaves are starting to wilt.
8. Serve hot or as a salad at room temperature.