



Spicy kumara stack

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Jazz up the traditional kumara with this tasty combination of spices.

Ingredients:

2 kumara, sliced width ways
1 red capsicum, sliced
225g can pineapple pieces
½ tsp ground ginger
1 tsp ground cumin
1 tsp ground turmeric
1 tsp curry powder
Salt and pepper to taste
2 tsp oil

Directions:

Preheat the oven on bake to 200°C.

Layer the kumara, pineapple and capsicum in an oven dish.

Mix the spices and oil in a small bowl and brush the mixture over the kumara.

Cook for 20 minutes, or until the kumara is soft.

Stack the kumara on a plate and serve with some tzatziki (a dip which is made up of a combination of yoghurt, cucumber and mint) as a side dish, or as a main with a side salad.

Cook's tip:

You can use a variety of different vegetables that are suitable for roasting, such as root vegetables, beans, capsicum and/or fruit like mango.