

Kūmara and watercress salad

Serves 2

Ingredients

Salad

2 cups diced, cooked kūmara

1 orange, peeled and chopped

2 cups watercress leaves

Mint and lemon mayo dressing

2 tablespoons mayonnaise

2 tablespoons plain yoghurt

1 tablespoon lemon juice

1 tablespoon chopped fresh mint

1 teaspoon lemon zest

½ clove garlic, crushed (optional)

Method

1. In a large bowl, mix together kūmara, orange and watercress.
2. In a separate bowl, mix together all dressing ingredients.
3. Add dressing to salad and mix gently through.
4. Place salad into serving bowls, then serve.

Variations

- Use 1 cup cooked diced potato in place of kūmara.
- Use 2 cups baby spinach or green salad leaves in place of watercress.

Tip


- Discard woody stems from watercress.

Nutrition

- Kūmara and watercress are vegetables commonly found in Māori cuisine.
- Kūmara is also known as sweet potato and there are different varieties including gold, red and orange. Scrub the outside and leave the skins on so that you don't miss out on all the nutrients and dietary fibre.



Equipment

-  Cutting board and knife
-  Large bowl
-  Measuring cups
-  Measuring spoons
-  Serving spoon
-  Small bowl
-  Wooden spoon
-  Zester

Preparation and cooking skills

Chop, dice, mix, peel, zest.