

Curried pork lap lap

Serves 2

Ingredients

- 1 cup grated kūmara
- 1 cup grated pumpkin
- 2 tablespoons coconut cream
- 2 teaspoons curry powder
- 200 grams pork mince
- 1 spring onion, finely chopped
- 1 cup chopped silverbeet or spinach
- 2 teaspoons soy sauce

Method

1. Heat oven to 200°C.
2. In a large bowl, mix all ingredients together.
3. Divide mixture between baking paper sheets and fold over to make an enclosed parcel.
4. Place parcels on a baking tray and bake for 30 minutes.
5. Remove from oven.
6. Using tongs, place a parcel on each serving plate, then serve.

Tips










- Serve the parcels still wrapped so that the steam only escapes when they are unwrapped at the table.
- Use banana or lap lap leaves in place of baking paper.

Nutrition

- Lap lap is a plant found in the Pacific Islands that is very similar to banana. The leaves are used to wrap vegetables, fish and meats for cooking.
- Kūmara, pumpkin and silverbeet all contain dietary fibre, vitamins and minerals, which help keep your body healthy.



Equipment

-  2 sheets baking paper (30cm square)
-  Baking tray or roasting dish
-  Cutting board and knife
-  Kitchen scales
-  Large bowl
-  Measuring cups
-  Measuring spoons
-  Spoon
-  Tongs

Preparation and cooking skills

Bake, chop, grate, mix.