

Kamo kamo (kumi kumi)

Available

December to April.

Buy

Choose firm Kamo kamo that have undamaged skin and feel heavy for their size.

Store

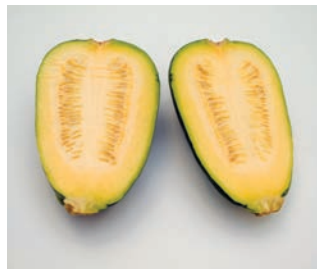
In the vegetable bin in the fridge.



Prepare



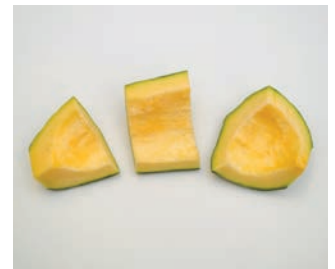
Whole.



Sliced in half.



Seeds scooped out.



Sliced into pieces.

Cook

Can be:



Steamed



Roasted



Stir-fried



Fritters



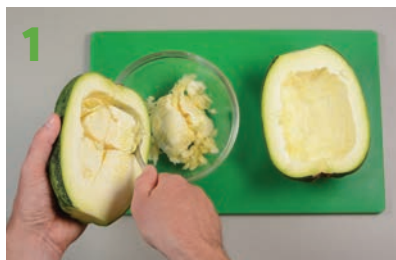
Stuffed kamo kamo

(serves 4)

Ingredients

- 1 kamo kamo
- 1 tablespoon oil
- ½ onion, peeled and diced
- 1 clove garlic, peeled and crushed
- 1 cup finely diced mushrooms
- ½ red capsicum, diced
- 1 tablespoon tomato paste
- ½ cup cooked rice
- 1 tomato, diced (or ½ can chopped tomatoes)
- ¼ cup Edam cheese, grated
- ¼ cup breadcrumbs

Method



Preheat oven to 180°C. Slice kamo kamo in half lengthways. Scoop out the seeds, leaving a hollowed-out centre.



Remove from heat and add rice, tomato and cheese.



In a frying pan heat oil and cook the onion until soft. Add garlic, mushrooms, capsicum and tomato paste. Cook for 10 minutes or until soft.



Fill each half of the kamo kamo with the mixture. Sprinkle with breadcrumbs. Bake for 45 minutes.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes