

Kūmara Wedges



Safety note: Knives and hot oil can be dangerous so be sure to get an adult to help you with this recipe.

Ingredients

- 3 or 4 medium-sized kūmara
- 1 tablespoon olive oil
- 1 tablespoon curry powder
- Sour cream or hummus

Method

- Preheat the oven to 200 degrees Celsius.
- Peel the kūmara and cut them into wedges.
- Coat them in the oil and curry powder.
- Bake the wedges on an oven tray for 20–25 minutes until golden brown.
- Serve with sour cream or hummus.



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by Trish Puharich

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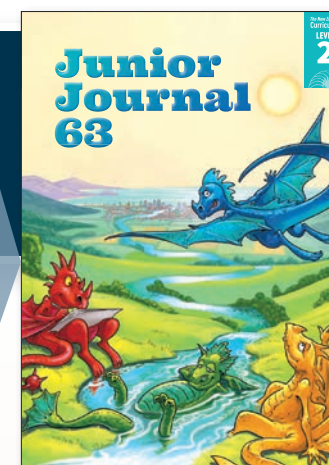
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www.education.govt.nz

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ISBN 978 1 77690 602 4 (online)
ISSN 2463 4174 (online)

Publishing Services: Lift Education E Tū
Editor: David Chadwick
Designer: Liz Tui Morris
Literacy Consultant: Dr Kay Hancock
Consulting Editors: Ariana Tikao and Emeli Sione



JUNIOR JOURNAL 63

Curriculum learning areas

English
Technology

Reading year level

3

Keywords

activity, cooking, food, instructions, kūmara, recipe, snack, step-by-step, technology, vegetable