



Recipe of the Week

HASSELBACK KUMARA WITH MISO & WALNUT RELISH

Ingredients

6 large kumara

Sesame oil

Vegetable oil

1 tabspn miso paste

2 teasp soy sauce

2 teasp mirin

Zest and juice of ½ lemon

3 tabspn walnuts, roughly chopped

Small handful rosemary

1. Preheat the oven to 180 degrees. Scrub the kumara all over
2. Make a series of cuts two-thirds deep, at half centimetre intervals all the way down the length of each kumara
3. Rub each kumara all over with sesame oil and pop in a roasting dish. Season well and place in the oven to roast for 35-40 minutes
4. In the meantime, combine the miso, soy sauce, mirin, lemon juice and zest and a teaspoon of sesame oil and whisk together well
5. After about 20 minutes of roasting, spoon a bit of the miso mixture over the top of the kumara and pop back in the oven
6. In the last 10 minutes of cooking, scatter over the walnuts and rosemary
7. Once the kumara is soft, cooked through and crisp on top and the walnuts are golden brown, remove from the oven
8. Spoon over the remaining miso mixture and serve while still hot

Recipe courtesy Sam Mannering, NZ Gardener 2021 Garden Diary