

Fresh for Kids®

# Roast kumara with hummus & jelly



## Roast kumara with hummus & jelly

**Preparation:** about 10 minutes  
**Cooking:** about 30 minutes  
**Serves:** 4

*This side dish is excellent served with lamb or chicken.*

1.2 kg kumara (orange sweet potato)  
Olive oil cooking spray  
Salt and ground black pepper  
¼ cup redcurrant jelly  
250g tub reduced fat hummus

1. Preheat oven to 200°C. Peel and cut kumara into 4–5cm pieces. Place on a large baking tray lined with baking paper. Spray liberally, tossing often, with oil. Season with salt and pepper. Bake for 25–30 minutes until tender and crisp at the edges.
2. Place redcurrant jelly into a small heatproof bowl. Microwave for 30 seconds until warmed.
3. Place kumara on a serving plate, top with hummus and drizzle with warmed redcurrant jelly and serve.

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### Kumara

- Provides slowly digested carbohydrate, making it a useful vegetable for those with diabetes
- Like other orange coloured vegetables, kumara is rich in beta carotene, which the body converts to vitamin A.
- A very good source of vitamin C, one of the anti-infection vitamins.
- A top rating vegetable for vitamin E, which is important to keep all cell membranes healthy.

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