

CASSAVA SALAD



Cassava is a delicious root veggie and can be used like a potato in salads, curries and stews! In the wet season, if you would like to use home grown herbs, can substitute dill and thyme for basil or Thai coriander

INGREDIENTS

3 Cassavas (medium sized)

Dressing-

- 1 tablespoon garlic**
- 2 tablespoons local dill or thyme**
- 2 tablespoons local parsley**
- 2 tablespoons lemon juice and rind**
- 3 tablespoons olive oil**
- 1 tablespoon Dijon mustard**
- 1 bunch spring onions- chopped**

CASSAVA SALAD - method

- **Cut the cassava in small cubes and be sure to not include the darker centre part of the root.**
- **Boil these cubes up, until tender but still firm**
- **While these are boiling make the dressing**

- **Crush, grate or finely chop the garlic**
- **Cut the herbs and spring onion finely**
- **Juice the lemon and get its rind with a fine grater**
- **Measure the oil and mustard and then mix all ingredients together**

- **Strain the cassava, let cool for 10 minutes for a warm salad, let cool for longer for a cold salad**
- **Pour over the dressing and serve**

