

## GARDEN TO TABLE

### RECIPE: CHOKO AND POTATO WITH CHEESY PARSLEY SAUCE

#### VOLUNTEER NOTES :

What to collect	Ingredients
Measuring spoons and cups	Choko
Ovenproof dish	Potatoes
Chopping boards	Cheese and parsley sauce
Chefs knives	1/2 cup grated cheese
Large pot with lid	Breadcrumbs
Colander	Salt and pepper
Large bowl	
Oil spray	
peelers	
<ol style="list-style-type: none"><li>1. Cut choko in half, run under water well before peeling, and cut out the pithy core from each section. Choko have a slimy layer under the skin which sticks to your hands if you don't rinse them well before peeling. Smaller choko may not need to be peeled, larger choko will.</li><li>2. Take each half and thinly slice the choko.</li><li>3. Peel, halve and thinly slice the potato.</li><li>4. Fill a large saucepan with water and bring to the boil.</li><li>5. Put the sliced choko and potato in the saucepan and bring back to the boil. Turn the heat down and simmer for a few minutes.</li><li>6. Drain using a colander</li><li>7. Layer the choko and potato in a greased oven proof dish. Season with salt and pepper and top with cheesy parsley sauce and breadcrumbs. Top with a handful of grated cheese.</li><li>8. Bake in the oven at 180°C until hot and the topping is golden</li></ol>	