

GARDEN TO TABLE

RECIPE: CHOKO AND POTATO WITH CHEESY PARSLEY SAUCE

VOLUNTEER NOTES :

| What to collect | Ingredients |
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| Measuring spoons and cups Ovenproof dish Chopping boards Chefs knives Large pot with lid Colander Large bowl Oil spray peelers | Choko Potatoes Cheese and parsley sauce 1/2 cup grated cheese Breadcrumbs Salt and pepper |
| <p>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.</p> <p>2. Take each half and thinly slice the choko.</p> <p>3. Peel, halve and thinly slice the potato.</p> <p>4. Fill a large saucepan with water and bring to the boil.</p> <p>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.</p> <p>6. Drain using a colander</p> <p>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.</p> <p>8. Bake in the oven at 180°C until hot and the topping is golden</p> | |