

Taro, the way to go!



Taro is a root crop with edible leaves. It's high in carbohydrate and a good source of fibre, folate and zinc. Taro is imported from the Pacific Islands and found at most supermarkets. When choosing taro, look for skin that is healthy and slightly moist, with no soft spots.

Taro and Tuna Patties (makes 12-15 patties)

2L water

1 large taro, peeled and cut into 8 pieces

425g can of tuna in brine or water

3 spring onions, finely chopped

1 small onion, finely chopped

Pepper

2 cups breadcrumbs

2 tablespoons oil

Method

Bring water to the boil in a large saucepan. Add the taro and cook until tender (when tested with a fork).

Drain and leave to cool. Grate the cooked taro and place in a large bowl. Add the fish, spring onions and onion and mix thoroughly. Season with pepper.

Shape small handfuls into patties and coat with breadcrumbs.

Cook in a lightly greased non-stick frying pan or bake on a tray in the oven at 180°C for 30-40 minutes. Turn halfway through cooking to brown on both sides.

