

# POUNDED YAM AND KALE RIRO

## Method

### For the pounded yam

Wash, slice and dice the yam.

Place yam in a pan of water, ensuring the water fully covers the yam by 1cm.

Boil for 15-20 minutes – it's ready when the fork says its mashable.

Drain when its mashable.

Using the back of a wooden spoon, pound it into a smooth mash.

Spoon a fist size lump onto clingfilm and form into a ball.

### For the kale riro

Add chopped tinned tomatoes to pan on a low heat. Slice in ½ scotch bonnet pepper (optional). Add the red onion, diced. Add the curry powder. Add the Maggi cube (optional)

Add the washed locust bean. Add four garden eggs (teardrop eggplant), chopped. Add four chopped mushrooms, red pepper and yellow pepper.

Simmer on a low heat for three minutes.

Add 150g kale – prepped and washed.

Add dried crayfish powder (optional).

Serve kale riro with a pounded yam ball.

TRY  
THIS



## Ingredients

427g puna yam (new yam)

150g kale, prepped and washed 1 sweet yellow pepper, diced

1 sweet red pepper, diced

4 garden eggs (teardrop eggplant), chopped

Chopped tinned tomato, small tin 4 chopped mushrooms

1 red onion, diced

Dried crayfish powder (optional) ½ scotch bonnet pepper (optional) 2 tablespoons of washed locust bean

1 small Maggi cube (optional)

1 teaspoon of Season-All

1 teaspoon curry powder