

## **Cassava**

### **Ingredients:**

Fresh or frozen Cassava  
Tomato Paste  
Tamarind Paste or Chutney  
Coconut Chutney  
Salt to taste.

**Instructions:** Boil or fry the Cassava, chopped into small pieces.

Marinate with all above ingredients.

Leave overnight in fridge.

Cook it on slow simmer until the Cassava is soft enough and the chutney juices are absorbed by the Cassava.

Let it cool.

Sprinkle Coriander or Parsley finely chopped. If you don't have fresh, use the dry ones.

Serve as a side dish with main course OR eat it with a sprinkle of crushed potato chips or Indian Chevdera which is a snack available at all supermarkets and Indian Stores. Enjoy.

## **Mixed Vegetables**

### **Ingredients:**

Finely chopped onions (red or white)

Finely chopped aubergine, celery, cauliflower.

Seeds- use what you like eg. Fennel, Caraway, Anise, Cumin

Vegetable Broth

Lemon Juice

Fresh Ginger/Garlic ( Dry powder is good if you don't have fresh ones)

Mixed Spices- All Five Spices (if you don't have them, mix your own. Whatever you have eg Cinnamon, Cumin, Tumeric, Corrainder.

**Instructions:** Fry onions on low heat until soft. Add all seeds. Mix well.

Add spices and mix well. Add all chopped vegetables immediately.

Cook for few minutes, than add the broth and lemon juice.

Simmer on low heat until aubergine is soft. Remove from stove.

This can be eaten with food as a salad or you can stuff it in Soft Tortillas, even make a Sandwich with it. It's dry enough to use as a stuffing or Salad. Enjoy! You can Sprinkle fresh Parsley for Presentation.

**Remember to check out the handmade pottery bowls at [www.burnabynh.ca/shop](http://www.burnabynh.ca/shop) and support the BNH Food Hubs.**

