

Roasted Cassava, Yam and Sweet Potato (Caribbean, America and Africa)

Vegetarian Main Meal



This recipe
makes
25 x 80g
or 20 x 100g
servings

20 minutes
prep time

40 minutes
cooking time

Ingredients

- 1kg Peeled cassava
- 1kg Peeled, 3cm cubed sweet potato
- 1kg Peeled, 2cm cubed yam
- 100ml Vegetable oil

Method

1. Slice the cassava into 3cm width-wise pieces and leave in cold water
2. Place the sweet potato in cold water
3. Place the yam in cold water
4. Equally divide the oil into 3 roasting pans
5. Drain, then add the cassava, yam and sweet potatoes into the 3 separate pans
6. Bake at 180°C / 350°F Gas Mark 4 for 30-40 minutes or until cassava is lightly golden, yams are soft and sweet potatoes are lightly browned
7. Serve hot with Curry Goat, Colombian Beans, Madagascar Chicken or Congolese Chicken

25 Primary
or 20
Secondary
portions

Tip =
Try adding a
clove of sliced
garlic to heated
olive oil and
pour over for a
Cuban flavour

High
in
Vitamin A

Recipe with thanks
to Jakefruit (Pamela
Lalbachan), cooked
and taste tested at
Little Ilford School,
Newham Catering
Services

Nutritional content	Per 100g	Pri serving	Sec serving
Energy kcal	193	154	193
Fat g	5.4	4.3	5.4
Saturates g	0.7	0.6	0.7
Carbohydrate g	37.0	29.6	37
NME sugars g	0.0	0.0	0.0
Fibre/NSP g	2.3	1.8	2.3
Protein g	1.4	1.1	1.4
Iron mg	0.8	0.6	0.8
Zinc mg	0.5	0.4	0.5
Calcium mg	24	19	24
Vitamin A ug	314	251	314
Vitamin C mg	23.0	18.4	23.0
Folate ug	15	12	15
Sodium mg	20	16	20