

Watercress

Available

All year round with the most plentiful supply from May to December.

Buy

Choose clean crisp leaves.

Store

In a container in the fridge or with the stems submerged in cold water.

Prepare



Wash well under running water.



Leaves and stems.



Cook

Can be substituted with:



Puha / Sour thistle



Rocket



Spinach



Kale



Boil-up (serves 4)

Ingredients

1 tablespoon oil

4 lamb shoulder chops,
fat trimmed

2 onions, peeled
and chopped

3 carrots, peeled
and chopped

1 kūmara, peeled
and chopped

2 potatoes, peeled
and chopped

1 tablespoon vinegar

4 cups watercress or puha

Method



Heat the oil in a large pot. Add the meat and brown on each side. Add the onions and carrots, cook until the onions are soft.



Add the kūmara, potato and vinegar to the pot. Cover with cold water and bring to the boil.



Reduce the heat and simmer for 1½ - 2 hours or until the meat is tender and vegetables are cooked. Skim the fat off the top regularly.



Add watercress or puha just before the end of cooking. Serve.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes