

Gina's PAPAYA WEDGES



Pawpaw can be cooked when green , it can be thinly cut or cut into chunks and roasted. When roasted, it is best used just before it starts to turn colour- so very mature, but still green.

INGREDIENTS

- **Green, mature papaya
(One makes a good snack for 4)**
- **Coconut oil**
- **Macadamia nuts or cashew nuts**
- **A pinch of salt**



Gina's Papaya wedges- method

- Peel and chop papaya into thick pieces, like potato wedges and remove any premature seeds.
- Coat with coconut oil and put into a hot oven.
- (The coconut oil and roasting tray can be pre heated in the oven- this allows the wedges to crisp better.)
- Roast at 200oC until soft and hopefully with a crunchy outside - this should be a bout 20 minutes
- While the papaw is roasting, dry toast macadamia or cashews, by just putting in a hot frying pan, moving around until slightly brown.
- Add salt and sumac or paprika if desired.
- When the papaya is roasted add the nuts and serve- very yummy on a bed of local greens, fresh from the garden.

A great accompaniment to many other dishes- or served with home made mayonnaise.

