

# Vanuatu

## Simboro (Cassava Wrapped in Leaves)

Kaison just finished his final year at college studying hospitality and tourism, and interns at the Department of Tourism alongside Australian volunteer Lydia. One of his gifts to Lydia was this deliciously simple recipe for local favourite, *simboro*.



### Ingredients

- 1-2 bunches of island cabbage\*, cleaned, with stems removed
- 2 ½ cups manioc\*, peeled and grated
- 1 ½ cups coconut milk
- 1 tsp salt
- ½ tsp pepper

### Method

Grate the manioc into a bowl with a small amount of water added. Using your fingers, mush the grated manioc with the water until it becomes doughy.

Place a small amount of the doughy filling onto an island cabbage leaf and roll the leaf up into a bundle.

Lay rolled bundles in a pan, add coconut milk and boil gently for around 30 minutes until cooked.

### Tips

- \* Large spinach or chard leaves can be used in place of island cabbage.
- \* Manioc is also known as cassava or yuca and can be substituted with cooking bananas, cassava, yam, taro or kumara (sweet potato).