

# Yucca Fries with Chimichurri

## Ingredients

2 yucca tubers, peeled  
1/2 cup parsley, chopped  
4 cloves garlic  
1/2 tsp dried oregano  
1/4 tsp chili flakes  
1/4 tsp salt  
1/2 tsp ground black pepper  
2 Tbs red wine vinegar  
1/2 cup olive oil

Avocado oil for pan frying

Recipe makes four to six servings



*Yucca, also known as cassava is a starchy tuber similar to potato that is a staple crop throughout the world. Chimichurri is an herbal vinegar condiment commonly eaten with grilled meats in Argentina and Uruguay.*

1. Slice yucca into sticks resembling potato fries. Boil for 10 minutes or until fork tender.
2. Place boiled yucca on paper towel lined plate and pat dry.
3. Mince parsley and garlic, combine in a small bowl with oregano, and spices until well mixed.
4. Add red wine vinegar and olive oil. Let chimichurri sit at room temperature for at least 15 minutes before serving.
5. Add avocado oil to shallow pan just to coat pan. When hot, pan fry yucca 1-2 minutes on each side until golden brown. Transfer to paper towel covered plate prior to serving.

*Tip: These can also be baked or cooked in an air fryer, however, pan frying gives the best crispy texture.*



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