

Mild Vegetable Curry

INGREDIENTS

- 2 tbsp vegetable oil
 - 600g sweet potato, peeled and cut into 2.5cm chunks
 - 2 brown onions, sliced
 - 2 large white potatoes, cut into 2.5cm chunks
 - 1.5 tsp cumin seeds
 - 1 tsp ground turmeric
 - 2 cloves garlic, minced
 - 1/2 tsp chili powder
 - 1 tsp grated ginger
 - 3 tbsp tomato paste
 - 500ml vegetable stock
 - 150g frozen peas
 - 3 tbsp roughly chopped coriander leaves
 - 1 can of butter beans or chickpeas
 - Salt and pepper
- SERVES 6-8.

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DIRECTIONS

1. Heat oil in a large fry pan over low/medium heat. Saute onion, sweet potato, potato and cumin seeds for 15min or until onion has softened.
2. Stir in turmeric, chili, garlic and ginger and cook for 1 min, add in tomato paste, butter beans/chickpeas and stock, bring to boil.
3. Reduce heat and simmer gently for 10 min, or until potato is cooked.
4. Season to taste with salt and pepper, sprinkle with coriander.

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