

INDIAN SPICED POTATOES AND ASPARAGUS



INGREDIENTS

- 250g new potatoes (scrubbed and cut in half)
- 6 spears asparagus (cut into 4cm lengths)
- 120g Roscoff onions (peeled, halved and sliced)
- 2 green chillies (split in half lengthwise)
- $\frac{1}{4}$ tsp turmeric
- 2 plum tomatoes (roughly chopped)
- $\frac{1}{4}$ tsp black mustard seeds
- 8 curry leaves
- 1 tsp salt
- 3 tbsp vegetable oil



INDIAN SPICED POTATOES AND ASPARAGUS

COOKING METHOD

- 01 Heat the oil in a heavy based pan.
- 02 Fry the curry leaves and mustard seeds in the oil until they start to pop.
- 03 Sauté the onions, potatoes and chillies in the oil with the curry leaves and mustard seeds.
- 04 Add turmeric and cook for a few minutes longer.
- 05 Add the tomatoes, salt and enough water to cover the potatoes and place lid on pan. Simmer gently.
- 06 When the potatoes are almost cooked (approximately 20 mins) add the asparagus.
- 07 Simmer for a few minutes till the asparagus is just cooked.
- 08 Serve with micro coriander leaves and a wedge of lime.

