

Product Spotlight: Potatoes

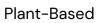
Did you know? Potatoes have 40% fewer carbohydrates than pasta, 60% more vitamin C than blueberries and 80% more potassium than bananas!

Bombay Potatoes and Vegetables |4 with Tomato Salsa

Boiled baby potatoes finished in a curry sauce with onions, green beans and lentils for extra nutrition. Served with brown basmati rice, tomato and mint salsa and a dollop of coconut yoghurt.







Spice it up!

Or down! Don't forget that all curry powders vary in their heat and spice content. Use yours to taste, or use a mix of ground turmeric, ground cumin and ground coriander for a very mild taste.

FROM YOUR BOX

BROWN BASMATI RICE	300g
BABY POTATOES	800g
BROWN ONIONS	2
TINNED LENTILS	400g
CURRY LEAVES	2 fronds
TOMATOES	2
MINT	1 packet (60g)
COCONUT YOGHURT	1 tub (200g)
GREEN BEANS	1 packet (250g)



oil for cooking, olive oil, salt, pepper, curry powder, black mustard seeds, vinegar (of choice)

KEY UTENSILS

large frypan, saucepan x 2

NOTES

The rice can also be cooked by the absorption method. Use 1 1/2 cups of water and cook for 12-14 minutes until water is absorbed. Leave covered for 5 minutes then fluff with a fork.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse (see notes).



2. COOK THE POTATOES

Halve potatoes and place in a saucepan, cover with water. Bring to the boil and simmer for 10–12 minutes, or until tender (you can speed this up by placing the potatoes into hot water). Drain.



3. COOK THE ONIONS

Heat a frypan over medium high heat with **3 tbsp oil.** Slice and add onions. Cook until softened. Drain and add lentils, curry leaves, **1 tbsp curry powder** and **1/2 tbsp mustard seeds**, cook for a further minute. Add **1 1/2 cups water.** Simmer, semicovered, for 5 minutes.



4. MAKE THE SALSA

Dice tomatoes and slice the mint. Toss together in a bowl with **1 tbsp olive oil, salt and pepper.**

Place yoghurt into a bowl and mix with **2 tsp vinegar, salt and pepper.**



5. MIX IN THE POTATOES

Slice beans into 3cm pieces. Add to onions along with potatoes. Cook for 3 minutes or until beans are done to your liking. Season with **1/2-1 tbsp vinegar, salt and pepper** to taste.



6. FINISH AND SERVE

Divide rice among bowls, add potatoes and serve with tomato salsa and yoghurt.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

