




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!




14 Bombay Potatoes and Vegetables 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.

 30 minutes

 4 servings

 Plant-Based

22 July 2022

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.

Per serve: **PROTEIN** 13g **TOTAL FAT** 25g **CARBOHYDRATES** 75g

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)

FROM YOUR PANTRY

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, semi-covered, 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

