



**Product Spotlight:
Curry Leaves**

Curry leaves come from a tree in the citrus fruit family. When cooked, they release a deliciously nutty aroma and are a staple in South Indian cooking.



Bombay Potatoes and Rice

with Tomato Chutney

Diced potatoes cooked until fluffy, tossed in a pan with caramelised onion, curry leaves, spice and mustard seeds and served on a bed of basmati rice with a fresh sprout salad and tomato chutney to finish.



30 minutes



2 servings



Plant-Based

10 February 2023

Change the spice!

Curry powders can 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	TOTAL FAT	CARBOHYDRATES
	14g	9g	152g

FROM YOUR BOX

MEDIUM POTATOES	500g
BASMATI RICE	150g
TOMATOES	2
DESICCATED COCONUT	1 packet
CRUNCHY SPROUTS	1 punnet
BROWN ONION	1
CURRY LEAF FRONDS	2
BABY SPINACH	1 bag (60g)
TOMATO CHUTNEY	1 jar

FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder, black mustard seeds

KEY UTENSILS

large frypan, 2 saucepans

NOTES

You can use coconut oil for extra fragrance if you have some. Add extra oil as the onion cooks down if needed.



1. BOIL THE POTATOES

Dice potatoes (2-3cm) and add to a saucepan of water. Bring to a boil and simmer for 12-15 minutes until tender. Drain and set aside. (see step 5).



2. COOK THE RICE

Place rice in a saucepan, cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



3. PREPARE THE SALAD

Dice tomatoes. Combine with coconut and sprouts. Set aside.



4. SAUTÉ THE AROMATICS

Heat a frypan over medium-high heat with **oil** (see notes). Slice and add onion along with curry leaves, **3 tsp curry powder** and **2 tsp mustard seeds** and cook for 5 minutes until fragrant.



5. ADD THE SPINACH

Add spinach and toss until wilted. Stir in cooked potatoes until combined. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Serve potatoes with rice, salad and tomato chutney.

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

