

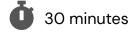




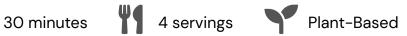
# **Bombay Potatoes and Rice**

# 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.







# 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.

TOTAL FAT CARBOHYDRATES

127g

#### FROM YOUR BOX

MEDIUM POTATOES	1kg
BASMATI RICE	300g
TOMATOES	3
DESICCATED COCONUT	1 packet
CRUNCHY SPROUTS	1 punnet
BROWN ONION	1
CURRY LEAF FRONDS	3
BABY SPINACH	1 bag (120g)
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 600ml water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat and 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, 2 tsp curry powder and 1 tsp mustard seeds 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.

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