



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



4 servings



Plant-Based

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 |
|------------|---------|-----------|---------------|
| | 13g | 8g | 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.



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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, **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.

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