



Product Spotlight: Nigella Seeds


These seeds, also known as onion seeds, are commonly used in Indian and Middle Eastern cuisines. They give a smokey and nutty flavour to the dish.



1 Bombay Potato Salad with Sweet Chilli Tempeh

Golden Bombay potatoes tossed in a pan with sweet red onion and crunchy green beans before layered on top of fresh festival lettuce with cucumber and Tally Ho's sweet chilli tempeh.

 30 minutes

 4 servings

 Plant-Based

7 September 2020

Spice it up!

Add some black mustard seeds, fresh ginger or curry powder to the potatoes for a more exciting flavour!

Per serve: **PROTEIN** 17g **TOTAL FAT** 51g **CARBOHYDRATES** 64g

FROM YOUR BOX

BABY POTATOES	800g
CONTINENTAL CUCUMBER	1
FESTIVAL LETTUCE	1
SWEET CHILLI TEMPEH	2 packets
MINT	1/2 bunch *
COCONUT YOGHURT	1 tub (120g)
RED ONION	1/2 *
GREEN BEANS	1/2 bag (125g) *
NIGELLA SEED/SHALLOT MIX	1 packet (30g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

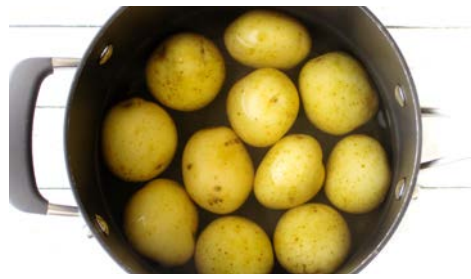
oil (for cooking), salt and pepper, cumin seeds, ground turmeric, red wine vinegar

KEY UTENSILS

large frypan, saucepan, stick mixer or blender

NOTES

If you have some, use coconut oil to cook the vegetables.



1. BOIL THE POTATOES

Halve potatoes. Add to a saucepan and cover with water. Bring to the boil and cook for 10–12 minutes until tender. Drain and set aside (see step 5).



2. PREPARE THE SALAD

Chop cucumber. Tear and rinse lettuce leaves. Roughly chop tempeh (if preferred). Set aside.



3. MAKE THE DRESSING

Roughly chop mint leaves. Blend together with yoghurt and **1 tbsp vinegar**. Season with **salt and pepper**.



4. SAUTÉ THE VEGETABLES

Heat a frypan over medium heat with **oil**. Slice onion, trim and halve beans. Add to frypan along with **2 tsp cumin seeds** and **2 tsp turmeric**. Cook for 5 minutes until onion is soft.



5. ADD THE POTATOES

Toss in cooked potatoes, tempeh and 1/2 the nigella seed mix. Season with **salt and pepper**.



6. FINISH AND PLATE

Layer lettuce leaves and cucumber on plates. Divide potatoes on top and finish with mint dressing. Garnish with remaining nigella seed mix.

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