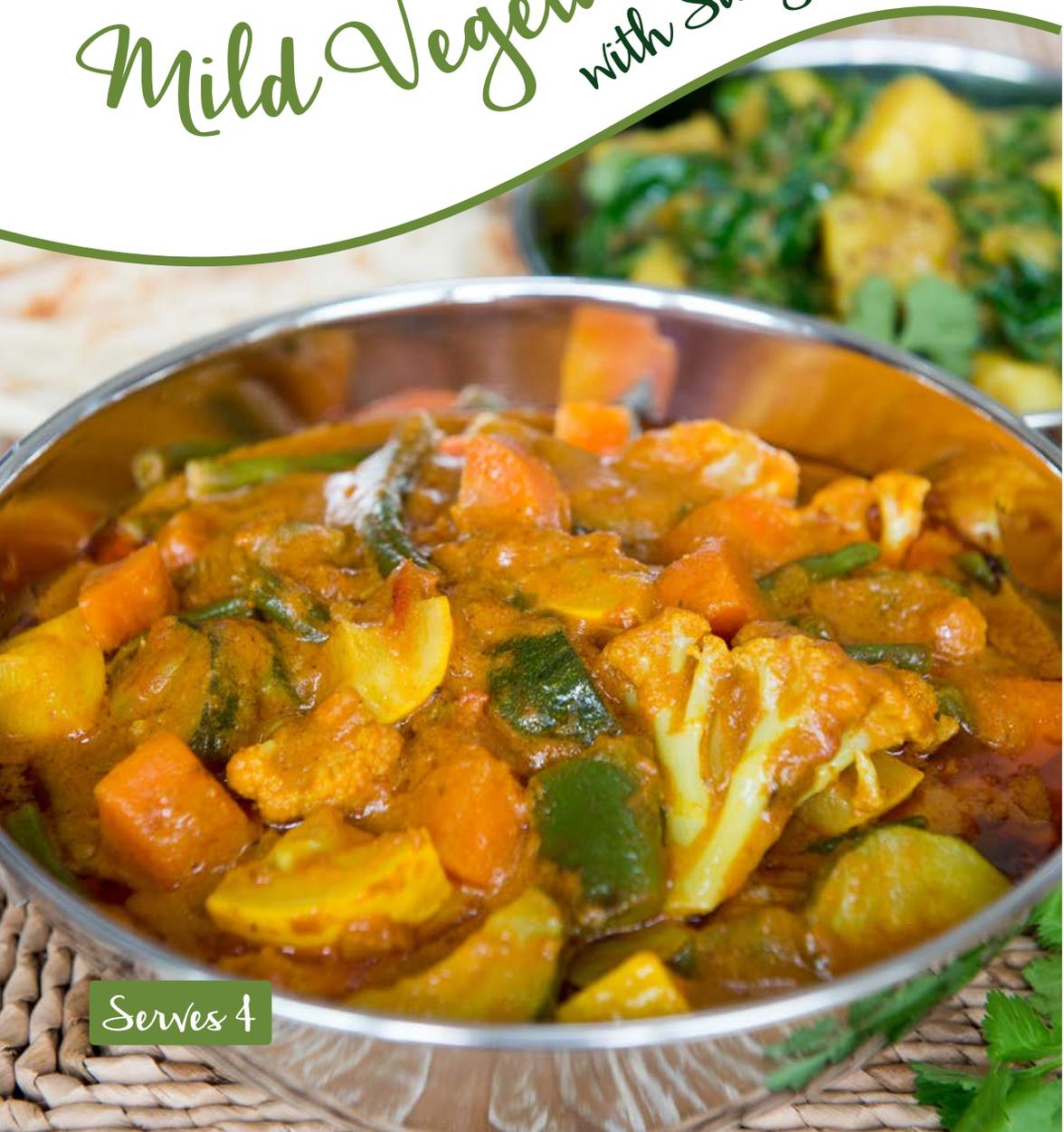


Garsons
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Mild Vegetable Curry with Saag Aloo



Serves 4



Mild Vegetable Curry with Saag Aloo

Method

Heat the oil in a large casserole pan over a medium heat and gently fry the onion and garlic until soft, then add the curry paste and cook for 2 minutes, stirring.

Add all the vegetables except the beans/peas and stir until coated in the curry paste, then add the chopped tomatoes, turn up the heat and cook until no liquid remains.

Pour in the coconut milk and give the vegetables a good stir. Turn the heat down to a simmer, then cover and cook for 15-20 minutes until the vegetables are almost cooked through, stirring occasionally.

Meanwhile make the saag aloo. Heat the oil in a heavy-bottomed non-stick saucepan and fry the cumin seeds for 1-2 minutes. Add the onion and garlic and cook until the onion begins to brown. Add the turmeric, garam masala, potato and root ginger and stir. Pour over 300ml boiling water, cover and cook for 10-15 minutes or until the potato is cooked through, stirring occasionally. Stir in the spinach until just wilted and season to taste with salt and pepper.

Stir the beans into the curry and cook for a further 5 minutes until they are just cooked. Spoon into warmed bowls and scatter over the chopped coriander. Serve with naan bread or rice.

Curry

- 2 tbsp vegetable oil
- 1 onion, diced
- 1 clove garlic, crushed
- 1 x 100g pack mild curry paste, preferably a fresh one such as Shemin's
- 200g carrot, 200g squash, 200g courgette, diced into 1/2 to 3/4" cubes
- 200g cauliflower, cut into florets
- 400g tin chopped tomatoes
- 400ml can coconut milk
- 200g runner beans, 200g French beans or sugar snap peas, topped and tailed and sliced into 1 1/2" pieces
- 2 tbsp fresh coriander, chopped

Saag Aloo

- 1 tbsp vegetable oil
- 1/4 tsp cumin seeds
- 1 onion, finely chopped
- 1 clove garlic, crushed
- 1 tsp turmeric
- 1 tsp garam masala
- 500g potatoes, peeled and diced into 3/4"/2cm cubes
- 1 tbsp root ginger, grated
- 300g baby spinach leaves, or roughly chopped cabbage.