

Serves: 
Time: 35 mins
SUTTON
COMMUNITY FARM

**Sutton
People's
Kitchen**

INGREDIENTS

1 onion
2 cloves of garlic
2cm piece of fresh ginger, peeled and chipped
1/3 tsp mustard seeds
1/3 tsp cumin seeds
1 tomato, finely chopped
2 curry leaves
1/3 tsp ground coriander
1/3 tsp ground cumin

FROM YOUR CUPBOARD...

1 tbsp oil • salt & pepper • water
yoghurt to serve (optional)

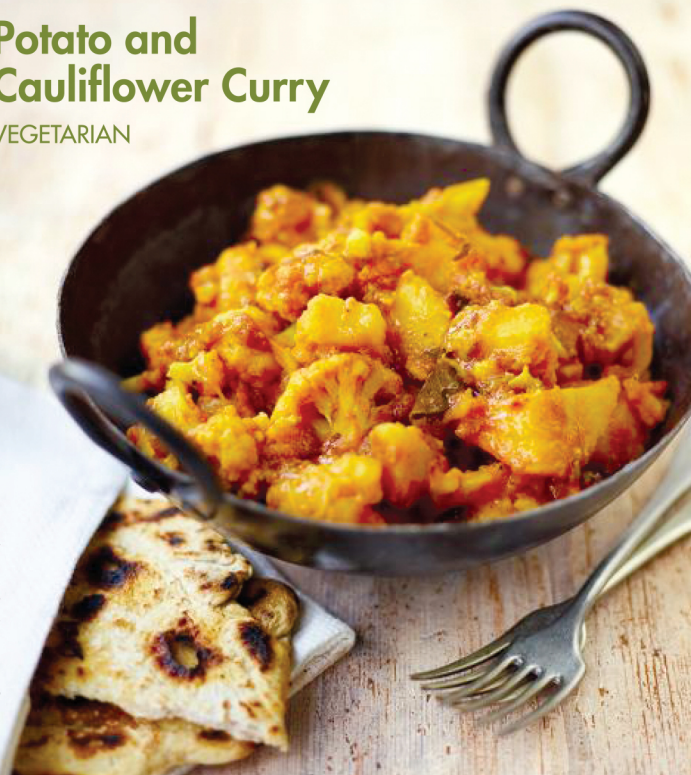
1/4 tsp cayenne pepper (optional)
300g or 2 medium potatoes
1/2 or 1 small chilli (optional)
1/3 large or 1 small cauliflower, cut into florets just larger than the potato

- 1** Heat half the oil in pan over medium heat and sauté the onion, garlic and ginger, stirring for 6-8 mins until softening. Remove to a bowl and set aside.
- 2** Toast mustard and cumin seeds in a dry pan over medium heat for 30 secs, stirring constantly with wooden spoon until fragrant.
- 3** Transfer seeds to large saucepan with the rest of the oil, tomatoes, curry leaves and remaining spices. Cook for further 5 mins over medium heat.
- 4** Add the reserved onion mixture, potatoes and chillies and season with salt and pepper.
- 5** Pour in about a cup of water or just enough to cover the mixture. Bring to a simmer over a low heat, cover with lid and continue to simmer for 8-10 mins.
- 6** Add the cauliflower and cook for another 8-10 mins, or until the sauce has thickened and the potatoes and cauliflower are tender.

Potato and Cauliflower Curry

VEGETARIAN

Image courtesy of www.jamieoliver.com



Meanwhile, to make the chappatti breads...

- 7** Knead flour, oil and water in a bowl until soft
- 8** Tear off chunks and roll flat into circles (using extra flour if necessary to stop sticking)
- 9** Heat a non-stick frying pan until very hot (no oil required) and cook one chappatti at a time for half a minute on each side, or until the bread begins to blacken and blister.

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