

Potato, Silverbeet, Pea & Coconut Curry



Serves 4



40 minutes



Autumn/ winter



Silverbeet, chilli, peas, coriander

INGREDIENTS:

- 1 tsp cumin seeds
- 2 x garlic cloves
- 3cm ginger, peeled & roughly chopped
- 2 x green cayenne chillies, roughly chopped
- 30g desiccated coconut
- 400mL light coconut milk
- 3 tbsp olive oil
- 1 x large brown onion, halved and thinly sliced
- 500g potatoes (kipfler or new), quartered
- 1 1/2 tsp garam masala
- 1/2 tsp ground turmeric
- 500g silverbeet, chopped
- 250g frozen peas
- Coriander (optional)

METHOD:

1. Place cumin, garlic, ginger, chillies, desiccated coconut into blender with a quarter of the coconut milk and blitz to a smooth paste. Add remaining coconut milk and gently pulse until mixed.
2. Heat oil in a medium fry pan and fry onion for 5 minutes. Add the potatoes, cut side down and fry for around 10 minutes, until lightly browned and onions, softened, dark and sticky.
3. Stir in ground coriander and garam masala. Add the coconut sauce and bring to a gentle boil. Add the silverbeet stalks, cover with lid and cook for 5 minutes.
4. Add remaining silverbeet and peas and stir through until wilted.
5. Serve in a bowl, accompanied with rice and garnish with coriander!

TIPS:

- *Don't have silverbeet? Replace it with, rainbow chard, spinach or kale!*
- *Make too much? This dish can be safely stored in the freezer for another day.*
- *Try adding some tinned chickpeas for extra protein and fibre.*

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