



POTATO CURRY

Ingredients:

- 2 large potatoes, cubed
- 1 large onion, chopped
- 1 clove of garlic, chopped
- One tin chick peas
- large tin of chopped tinned tomatoes
- 2 tablespoon of olive oil
- Curry spices – 1 tsp cumin and a tablespoon of garam masala

Method:

1. Cut the potatoes into bite size cubes
2. Boil until just soft
3. Chop the onion and fry in oil and spices with the chopped garlic
4. When onion is soft, add the potatoes, chick peas and tomatoes
5. Bring to the boil and simmer to reduce the liquid – until the tomato juice coats the potatoes, chick peas and onions
6. Serve (with flatbread or rice)

