

# Courgette and Potato Curry

Serves 4



2 tablespoons vegetable oil  
1 med onion  
3 cloves garlic, peeled and finely chopped  
1 inch piece ginger, peeled and grated  
2 – 3 courgettes  
300g new potatoes, scrubbed  
2 teaspoons cumin  
2 teaspoons ground coriander  
1 teaspoon turmeric  
½ - 1 teaspoon chilli powder according to taste  
1 tin chopped tomatoes  
1 tin coconut milk  
2 teaspoons vegetable stock powder  
fresh coriander

1. Finely chop the onion. Crush the garlic. Peel and grate the ginger.
2. Measure your spices onto a small plate.
3. Chop up the courgette and potato into small cubes.
4. Heat 2 tablespoons vegetable oil in a large saucepan and fry the onion until soft.
5. Add the garlic, ginger and potatoes. Cook until the potato begins to soften.
6. Add the courgette and cook until the courgette begins to soften.
7. Add the spices and keep stirring over the heat to cook. Be careful not to burn the spices.
8. Stir in the tinned tomato, coconut milk and vegetable stock powder.
9. Turn up the heat until it comes to the boil then turn down and simmer for 15 - 20 minutes until the potato is cooked.
10. If the curry is too watery, boil with the lid off until it's the correct consistency. If it's too thick, stir in water a little at a time. Check seasoning.
11. Stir in chopped coriander just before serving with rice.