

WEST INDIES

West Indian 'I-Tal' Curry (vegetarian)

Serves 4.

Cooking time approximately 35 minutes.

Ingredients

450g potatoes

450g sweet potatoes

350g butternut squash (peeled and deseeded)

½ small green cabbage

1 large carrot

1 red, green or yellow pepper (deseeded)

½ cauliflower

225g green beans

1 scotch bonnet pepper (deseeded and chopped - any hot chilli will do)

2 tablespoons vegetable oil

1 spring onion

1 teaspoon fresh thyme leaves

1 onion (chopped)

2 garlic cloves (chopped)

2 teaspoons curry powder

200ml coconut milk

1 teaspoon garam masala



Method

- 1 Cut all of the vegetables into 1 inch pieces.
- 2 Heat the oil in a large saucepan or wok over a medium/ high heat. Add the spring onion, thyme, onion, garlic and curry. Keep stirring until lightly browned and softened.
- 3 Add the coconut milk and potatoes and cook for 5-10 minutes.
- 4 Add the remainder of the potatoes and chilli pepper. Lower the heat to a simmer and cover cooking for another 5-10 minutes until all the vegetables are cooked through.
- 5 Sprinkle over the garam masala at the end and serve with rice and peas.

