

Nicky's Spicy Potatoes

There's a definite nip in the air this week: we're hoping that it's not the end of summer, just a lull before the hot weather returns for the Bank Holiday weekend! To keep the chill off though, try out this recipe inspired by Nicky, one of our lovely Wwoofers, for some really tasty spuds: these are great on their own, or make them with lots of other summery veg and serve like an unusual veggie chilli or curry! Add in whatever veg you fancy too - aubergines also work well.

Serves 2-4

- 2 onions**
- 2 cloves garlic, peeled & crushed**
- 500g potatoes**
- 1 courgette**
- 1 sweet pepper, deseeded & sliced**
- 1 chilli, deseeded and sliced**
- handful fresh tomatoes, chopped roughly**
- small piece ginger**
- 1 tbsp cumin seeds**
- 1 tbsp turmeric**
- 1-2 mugs vegetable stock**
- 50g butter**



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Fry the sliced onions in the melted butter gently in an oven-proof dish for a few minutes until soft; then add the freshly peeled and grated ginger, garlic and cumin seeds and let them sweat for a few minutes. Add the turmeric and chilli and stir; then add the peeled and cubed potatoes, chunked courgettes, peppers and tomatoes; season and cover with stock. Cook in the oven with a lid on at around 180C for an hour, or until all the veg is tender. Serve with boiled brown rice and add a bit of grated cheese on top – yum yum!



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