



Sabath Aloo (Curried New Potatoes)

A dry potato curry. The chilli content can be varied to suit.

Serves : 4 - 6

Preparation Time : 15 - 20 minutes

Cooking Time : 10 - 15 minutes

Ingredients

1 lb / 450 g new potatoes
1 onion, finely chopped
1 - 2 fresh green chillies or to taste
1 1/2 tbsp vegetable oil or ghee
salt to taste

Herbs & Spices

1 tsp Mustard Seed Yellow or 1 tsp Mustard Seed Black
1 tsp Turmeric
1/2 tsp Cumin Ground
4 - 5 Curry Leaves

Cooking Instructions

Bring a large pan of salted water to the boil and boil the potatoes until tender. Drain.

In a heavy based pan heat the oil over a medium heat and add the mustard seeds. As soon as the seeds begin to pop, add the onion and the remaining spices. Stir well for 2 minutes. Add the potatoes, salt to taste and 1/4 pint / 120 ml of water. Cook the potatoes and onion until the pan is dry. The potatoes should brown in the process (5 - 10 minutes). Serve