

Jerusalem Artichoke Curry

This dish is similar to saag aloo but uses a mixture of Jerusalem artichokes and potatoes. You could make it just with potatoes or add pumpkin.

Serves 4 adults or 30 tastes

20 m prep

50 m cook

Recipe adapted from waitrose.com



Ingredients

500g Jerusalem artichokes & 500g potatoes, peeled and cut into 2cm chunks
4 tablespoons vegetable oil
1½ teaspoons cumin seeds
1½ teaspoons black mustard seeds
2 medium onions, finely chopped
4 cloves garlic, crushed
20g ginger, peeled and grated
1 teaspoon ground turmeric
2 teaspoons ground coriander
1 pinch chilli powder
1 teaspoon salt
400g can chopped tomatoes
260g pack spinach leaves or warrigal greens

Equipment

Scales
Measuring spoons
Fry pan
Large saucepan
Wooden spoon
Chopping boards
Knife
Peeler
Can opener
Ginger grater
Garlic crusher

Instructions

1. Peel and chop the artichokes and potatoes, put them in a large saucepan of salted water.
2. Bring to the boil, then simmer for 10-15 minutes, or until easily pierced with a sharp knife. Drain and set aside.
3. Put oil in a large pan over a medium heat. Add the cumin and mustard seeds and stir briefly until they start to pop.
4. Tip in the onions; cook for 7-8 minutes until softened and starting to brown.
5. Add the garlic and ginger and leave to soften for a couple of minutes, then add the turmeric, ground coriander, chilli powder and salt.
6. Stir for a minute, then tip in the tomatoes, plus 1 can of water.
7. Add the drained artichokes and potatoes, cover with a lid and simmer for 10 minutes, then remove the lid and cook for a further 15 minutes. The artichokes and potatoes should be soft but not falling apart and the sauce should be thick and rich.
8. Stir in the spinach (or warrigal greens) and allow to wilt. Check the seasoning and serve.

