



# POTATO & KALE CURRY

*Portions: 4 side portions  
Time required: 45 minutes*

This is a fantastic pungent, creamy, potato-based curry based on an Indian dish called Aloo Methi.

## QUANTITY    INGREDIENTS

<b>300g</b>	White potatoes, chopped into ~1cm cubes
<b>200g</b>	Sweet potatoes, chopped into ~1cm cubes
<b>60g</b>	Creamed coconut
<b>250g</b>	Hot water (250ml)
<b>1</b>	Medium/large onion, diced
<b>1</b>	Hot green chilli ( <i>remove the seeds to reduce the spice</i> )
<b>6g</b>	Dried fenugreek leaves (~6 tbsp)
<b>3-4</b>	Medium garlic cloves, crushed
<b>12g</b>	Fresh ginger, finely grated ( <i>I use a microplane to do this</i> )
<b>½ tsp</b>	Turmeric powder
<b>100g</b>	Kale ( <i>Cavolo Nero if possible</i> ). You could also swap for other greens
<b>½ tsp</b>	Salt

## METHOD

Remove the coconut oil from the end of a 200g block of coconut cream - we don't use the oil in this recipe – instead you can use to moisturise your body. This will leave about 160g of coconut.

Make a coconut stock by blending 60g of the creamed coconut and 150g/ml of water. If the creamed coconut is soft, then you can use a fork to do this.

Add about 75g/ml coconut stock to a large pan and sweat onions and chillies until onion is soft and turning translucent, add extra water from the kettle if required to prevent drying out.

Next add the fenugreek leaves, garlic, ginger, turmeric, kale and salt and cook for about 1-2 minutes whilst stirring.



Now add the potatoes and the remaining coconut stock and 100g hot water. If you used a blender to make the stock you can use the water to clean it before adding to the pan.

Pop a good fitting lid on the pan and simmer until the potato is just tender, then allow to rest before serving.

Season with salt & pepper to taste.



### **TIPS**

The liquid should be just enough for the dish and it doesn't need to cover all the potatoes. With a good fitting lid steam will build up and help them cook. However, I still recommend stirring a few times during cooking to assist the process. If you lid does not fit well or has a vent then you may need to add a bit of extra water.