

Roasted Root Bhuna

Ingredients

3 tbsp vegetable oil
4 cloves garlic crushed
2 inch piece of ginger, grated
2 large potatoes, cubed one-inch chunks and roasted
Half a medium cauliflower, cut into florets about the same size as the potatoes and parboiled
2 carrots one-inch chunks and roasted
2 Parsnips one-inch chunks and roasted
2 small onions quartered and roasted
Half a jar of curry paste
1 tin chopped tomatoes
2 tsp minced chilli
Fresh coriander
Salt to taste

Method

1. Heat 2 tablespoons oil in a large pan and soften the garlic and ginger stirring often
2. Add the curry paste and cook for a few minutes over a moderate heat.
3. Add tomatoes and half fill empty can with water and add that.
4. Add carrots, parsnips, onions, cauliflower and potatoes, salt and chilli
5. Cook for 5 minutes over low heat,
6. Add chopped fresh coriander and serve with pilau rice with cashews