

SWEET AND SOUR POTATOES

SERVES 2 - 3

INGREDIENTS

1Fl oz OIL

$\frac{1}{2}$ tsp BLACK MUSTARD SEEDS

$\frac{1}{2}$ tsp CUMIN SEEDS

3 MEDIUM POTATOES PEELED AND CUBED

1tsp GROUND CORIANDER

1 tsp SALT

$\frac{1}{2}$ tsp TURMERIC

$\frac{1}{2}$ tsp CHILLI POWDER

2 tsp BROWN SUGAR

125ml/ $\frac{1}{4}$ PINT OF WATER

40g/1 $\frac{1}{2}$ oz TOMATO PUREE

1 $\frac{1}{2}$ tsp VINEGAR

METHOD

1. HEAT PAN AND ADD OIL
2. ADD MUSTARD AND CUMIN SEEDS AND FRY UNTIL THEY POP
3. REDUCE HEAT AND ADD POTATOES
4. ADD REMAINING INGREDIENTS AND STIR WELL
5. COVER AND COOK OVER A LOW HEAT UNTIL POTATOES ARE TENDER AND A THICK SAUCE REMAINS
6. REMOVE PAN LID AND REDUCE IF NECESSARY