

# Silverbeet, Potato and Tomato Curry

From Stephanie Alexander's "Kitchen Garden Cooking With Kids" recipe book.

Equipment:	Ingredients:
Chopping board	20 large potatoes
Knives	2 onions
Peeler	1 x 5cm ginger
Bowls – assorted sizes	4 cloves garlic
Non-stick frying pan	2 tsp. cumin seeds
Measuring spoons and cups	2 tsp. coriander seeds
Colander	2 tsp. brown mustard seeds
Large saucepan	1 tsp. chilli flakes
Wooden spoon	6 curry leaves
Salad spinner	1 tsp. turmeric
Tea towel	¼ cup olive oil
Serving bowls (1 per table)	2 x 400g can chopped tomatoes
	20 Silverbeet leaves
	1 handful coriander
	1 handful parsley
	salt

## What to do:

\*\*\* The cooking time for this dish is about 35 minutes. To save some preparation time, divide the tasks up so they will be ready simultaneously. i.e. Have 2-3 people peeling potatoes, while 2 people are chopping onions and someone else is toasting / crushing the spices.

- Peel and chop the potatoes into 2cm cubes. Soak the potato cubes in a bowl, covered with water.
- Peel and chop the onion, ginger and garlic. Set aside in a small bowl.
- Heat the frying pan over a medium flame. Toast the cumin, coriander and mustard seeds, then grind them to a powder in a mortar and pestle.
- Add the chilli flakes, crumbled curry leaves and turmeric to the crushed spices and stir to combine.
- Drain the potatoes in the colander. Heat the oil in the large saucepan and tip in the onion, ginger and garlic. Fry for a few minutes until softened.
- Add the crushed spices from the mortar, the potatoes and the tinned tomatoes. Stir with the wooden spoon and add just enough water to barely cover the vegetables. Simmer gently with the pot lid on for 25 minutes.
- Meanwhile, tear the leaves from the Silverbeet stalks. Wash the leaves and dry in the salad spinner. Roll the leaves into a bunch and shred them with a large knife.
- Rinse the parsley and coriander, patting them dry with the tea towel.
- When the potatoes are tender, check the curry for salt. Add the Silverbeet leaves and cook for a further 10 minutes.
- Transfer the curry to serving bowls for each table. Sprinkle with the chopped parsley and coriander to garnish.
- Serve with steamed long grain rice.