

CURRIED CUMIN POTATOES



Serving: 6 as a side dish

INGREDIENTS

- 4 medium Potatoes, with skin (360g), diced
- 2 Tbs. Canola Oil
- 2 Tbs. cumin seed
- 2 tsp. ground turmeric

- 2 tsp. curry powder
- ½ tsp. salt
- 1 tsp. ground black pepper
- 3 Tbs. chopped fresh coriander

INSTRUCTIONS

Place diced potatoes into a pot with water to cover. Bring to a boil, and cook until just tender. Drain, and set aside covered, to keep warm. In a large frying pan, heat oil to medium heat before adding the cumin, turmeric, and curry powder, sauté for 1-2 minutes. Add the potatoes, and cook until golden brown and toasted. Toss potatoes with salt, pepper and fresh coriander, and serve hot.

DID YOU KNOW!

Turmeric contains a powerful phytochemical compound called curcumin. It is a potent anti-inflammatory and antioxidant and has been shown to support detoxification pathways in the liver. Adding turmeric to potatoes gives them a lovely golden colour and is an excellent add on for hearty winter meals.

Nutrition Information per serving:

Energy (kJ)	Protein (g)	Carbohydrate (g)	Fibre (g)	Added Sugar (g)
435	1.7	10.7	2.7	0
Total Fat (g)	MUFA (g)	PUFA (g)	SAFA (g)	Sodium (mg)
4.8	2.4	1.3	0.4	169