

## **MUMBAI POTATOES** (makes 2 portions)

**1 tsp cumin seeds**

**1 onion**

**2 garlic cloves**

**1 tsp coriander**

**1 tsp smoked paprika**

**tin tomatoes**

**1 tbsp puree**

**1/3 cup of chickpeas** (soaked overnight)

**850 g potatoes and sprouts** (make a deep cross into the stems)

**1 cup peas**

**1 tsp cumin seeds**

**1 tsp mustard seeds**

**1 chilli**

**thumb of ginger** (grated)

**2 garlic cloves** (grated)

**1 tsp sweetner** (eg agave syrup)

**1/4 tsp cayenne pepper**

**1 dsp tumeric**

**1.5 dsp curry powder**

**black pepper**

**1/4 tsp garam masala**

**1 dsp tamari**

**1 dsp apple cider vinegar or balsamic**

In a saucepan, sauté the **cumin seeds** for 1 minute.

Add **onion**, sauté until soft.

Stir in **garlic, ginger, coriander** and **paprika**, adding water if needed.

Add **tomatoes** and **puree** and cook for 5 minutes or until it thickens. Turn off and cover.

Place the **chickpeas** in the bottom of a pressure cooker and steam for 14 minutes, then add the **vegetables** for another 4-5 minutes.

Heat some oil in the wok, add the **cumin & mustard seeds**. Let them crackle then add **chilli, ginger** and **garlic**. Cook for 1-2 mins.

Add **sweetner** and a splash of water.

Add the **spices**.

Add the **tamari, vinegar**, then the **vegetables & chickpeas**. Sauté for a few minutes, while the **tomato sauce** is heated up.

- other vegetables can be added too, for example **pumpkin** goes well with potatoes and sprouts.