

MUMBAI POTATOES (makes 2 portions)

1 tsp **cumin seeds**

1 **onion**

2 **garlic cloves**

1 tsp **coriander**

1 tsp **paprika**

tin **tomatoes**

1 tbsp **puree**

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

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

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

1 cup **peas**

1/3 cup **basmati rice**

1 **chilli**

thumb of **ginger** (grated)

2 **garlic cloves** (grated)

1/4 tsp **cayenne pepper**

1 dsp **tumeric**

1.5 dsp **curry powder**

black pepper

1 tsp **miso**

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, puree** and **sweetner**, 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** and **basmati rice** for another 4-5 minutes, or until cooked, then drain and save the water.

Sauté the **chilli, ginger** and **garlic** for 1-2 mins.

Add the **spices** and some of the vegetable water, to make a paste, allow to heat through for a couple of minutes.

Add the **vegetables & chickpeas** and then the **tamari** and **vinegar**. Sauté while the **tomato sauce** is heated up.

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