



CREAMY POTATO AND ONION STEW with CHILLI & CURRY LEAF INFUSED OLIVE OIL

INGREDIENTS

- 4 Medium size Potatoes
- 2 Capsicum (Colour of your choice)
- 2 Medium Size Brown Onions
- 20 gms Finely diced ginger
- 1 Tsp Mustard Seeds
- 1 Tsp Cumin Powder
- 1 Tsp Tamarind Paste
- 1 TBSP Corn Flour or Chick Pea Flour
- 1/2 litre Water
- 1-2 Tbsp SATHYA Chilli Infused Olive Oil
- 3 - 4 Tbsp SATHYA Curry Leaf Infused Olive Oil
- Salt to taste



METHOD

Peel and Boil Potatoes until soft and lightly mash with fork to lumpy texture.

Chop capsicum thinly. Chop Onions into large pieces.

Take 1 - 2 tablespoons of Sathya chilli infused Olive oil and 2 - 3 tablespoons of Sathya curry leaf infused olive oil in a pan and heat the oil. Put Mustard seeds in hot oil until they pop, then put the diced ginger and fry till light brown. Then put onions and capsicum in the pan and fry till light brown. Put cumin powder and salt to taste. Then add water to the pan and mix tamarind paste in water. When the water starts boiling, add the lumpy potato mash into the mixture and let it simmer. Take the corn flour or chick pea flour in a little bowl and 4 tablespoons of water and mix to a thin paste and add it to the mixture in the pan. This serves as a thickener and makes the stew creamy. Once the stew is of the right consistency, switch the stove off and add one more tablespoon of curry leaf infused olive oil for fresh aroma and stir it evenly through the stew. You can serve the creamy potato and onion stew with a hot paratha (Indian Flat Bread) or warm pita bread or just a toast.

**You can use any vegetables you like, just cook the hard vegetables first to soften before adding the chicken and softer vegetables.