



Spiced Potatoes & Seasonal Greens

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: chilli, garlic, onion, potato, silverbeet

Equipment:

metric measuring jug and spoons
clean tea towel
chopping board
cook's knife
vegetable peeler
medium saucepan
colander
frying pan
wooden spoon
serving platters

Ingredients:

8 medium potatoes, peeled
and chopped into 2 cm cubes
2 tbsp sunflower oil
1 onion, peeled and finely chopped
1 garlic clove, peeled and finely
chopped
2 cm knob of ginger, finely
chopped
1 long red chilli, de-seeded and
finely chopped
1 tsp turmeric
1 tsp salt
½ tsp black pepper
2 tsp garam masala
10 large silverbeet leaves or
seasonal greens, rolled and
finely chopped, stems discarded
225 ml coconut milk
1 small handful of coriander, finely
chopped



What to do:

1. Fill the medium saucepan with water and put it on to boil.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Boil the chopped potatoes in the saucepan for 10 minutes.
4. Drain the potatoes.
5. Heat the oil in a frying pan and sauté the onion until it is translucent.
6. Add the garlic, ginger and chilli and cook for 2 minutes.
7. Add the potatoes, turmeric, salt, pepper and garam masala, and cook for a further 3 minutes.
8. Add the chopped greens and pour in the coconut milk.
9. Allow to simmer for a few minutes.
10. Divide between serving platters and sprinkle with coriander before serving.