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by Liz Robb

Aubergine and Potato Curry



Ingredients

2-3 tablespoons of sunflower oil
1 large onion
A chunk of fresh ginger
3 fat garlic cloves
2 heaped tablespoons of medium curry powder
1 medium potato
2 carrots
1 large aubergine
1 courgette
1 tablespoon of plain flour
A pinch of saffron
1 teaspoon of turmeric
700 ml vegetable stock
Salt and freshly ground black pepper
2 handfuls of sugar snap peas
Small pot of single cream
Fresh coriander

Preparation

1. 1. First prepare the vegetables. Slice the onion finely, and peel and chop the ginger into tiny pieces, or grate it. Peel the potatoes and carrots. Chop the potatoes into small chunks and dice the carrots smaller, so that they are about half the size of the potato pieces. Cut the aubergine and courgette into small chunks too, of a similar size to the potato. Cut the sugar snap peas in half, diagonally.
2. 2. In a large wide based pan or wok, heat the oil gently. Cook the onion for 5 minutes and then add the ginger and cook for another 5 minutes, stirring occasionally. Crush and add the cloves of garlic, sprinkle on the curry powder and stir to coat the onion.
3. 3. Add the potato chunks and the diced carrot to the pan and cook on a low heat for 2-3 minutes, stirring so that the vegetables don't stick. Then add the pieces of aubergine and courgette and fry for another 2 minutes. Sprinkle over and stir in the flour, saffron and turmeric, then gradually add the hot stock, stirring constantly. Season with salt and black pepper then simmer over a low heat until the vegetables are almost cooked through, for about 10-12 minutes, stirring occasionally. You may want to cover the pan with a lid.
4. 4. Add the sugar snap peas and cook for a further 3-4 minutes.
5. 5. When you are ready to serve the curry, stir a little cream into the pan
6. I used just 2 tablespoons. Finally, chop a handful of fresh coriander and scatter on the top.

7 Serve with garlic and coriander naan bread or basmati rice, along with a good spoonful of mango chutney.

Cooks Note

This simple curry is quick to make, smells wonderful and tastes delicious. It is an ideal dish to serve to vegetarian guests, but you don't have to be vegetarian to enjoy it, I'm not and I love it!

It is chunky and filling enough to satisfy hearty appetites, but not too high in calories, particularly if you substitute low fat crème fraiche or Greek yoghurt for the cream, or even omit the dairy element altogether.

You can adjust the spices to suit your own taste; I prefer a medium heat, so just add another teaspoon of curry powder if you like it really hot, or add a little more cream if you prefer a milder flavour.