



## **Ginger and Garlic Potatoes**

cal 313, protein 5g, carbs. 17g, fat 15g, chol. 0mg, sodium 328mg, fiber 6g

6 servings

### **Ingredients**

- 6 white potatoes
- 5 tbsp. vegetable oil
- 1 tsp. fennel seed (whole)
- 2 tbsp. fresh ginger, peeled & coarsely chopped
- 1 apple (cored and diced eating)
- 6 spring onions (trimmed and sliced diagonally)
- 1 tbsp. coriander (freshly chopped)
- 4 garlic cloves, peeled & chopped
- 12 tsp. turmeric
- 1 tsp. salt
- 12 tsp. cayenne pepper

### **Preparation**

1. Scrub the potatoes, then place, unpeeled, in a large saucepan and cover with boiling salted water. Bring to the boil and cook for 15 minutes, then drain and leave the potatoes to cool completely. Peel and cut into 1 inch cubes.
2. Place the root ginger, garlic, turmeric, salt and cayenne pepper in a food processor and blend for 1 minute. With the motor still running, slowly add 3 tbsp. of water and blend into a paste. Alternatively, pound the ingredients to a paste with a pestle and mortar.
3. Heat the oil in a large heavy-based frying pan and when hot, but not smoking, add the fennel seeds and fry for a few minutes. Stir in the ginger paste and cook for 2 minutes, stirring frequently. Take care not to burn the mixture.
4. Reduce the heat, then add the potatoes and cook for 5-7 minutes, stirring frequently, until the potatoes have a golden-brown crust. Add the diced apple and spring onions, and then sprinkle with the freshly chopped coriander. Heat through for 2 minutes, and then serve on assorted salad leaves with curry-flavored mayonnaise.