



Bari's (Auntie's) Sabji (Vegetable) Tarkari

Serves 2-4

Ingredients:

1. Vegetable oil – 2 x tablespoons
2. Large onions – 2
3. Cumin seeds – 1 x teaspoon
4. Ground coriander 1 x teaspoon
5. Turmeric – 1 x teaspoon
6. Ground cumin – 1 x teaspoon
7. Garlic cloves – 4
8. Root ginger – 1 inch
9. Salt – 1 x teaspoon
10. Fresh chillies (red or green) – 1 or 2 (as preferred)
11. Carrot (medium) – 1
12. Small cauliflower – 1
13. Tomatoes (large) – 2
14. Frozen peas – 1 x cup
15. Medium sized red potato – 1
16. Runner beans – 1 x cup
17. Courgette – 1
18. Passata or tomato juice – 1 x cup
19. Coriander leaves – handful

Preparation:

1. Chop up cauliflower into florets
2. Dice onions.
3. Chop tomatoes.
4. Crush garlic.
5. Grate root ginger.
6. Finely slice fresh chillies
7. Cut carrots into batons.
8. Cut courgette into batons.
9. Peel potato and cut into batons.

Method:

1. Heat 500 ml of water with 1/4 teaspoon of turmeric powder.

2. Boil cauliflower, courgettes, potatoes and carrots for 4 – 5 minutes and rinse with cold water, strain and leave to cool.
3. Heat oil in a pan and pop the cumin seeds.
4. Add chopped onions and fry until soft, add ginger and garlic.
5. Cook for 3 – 5 minutes and add ground coriander, cumin and tomatoes.
6. Add salt to taste.
7. Add sliced green chillies (optional)
8. Cook under low heat, until the ingredients thicken.
9. Add chopped coriander leaves and passata.
10. Add runner beans and peas; stirring under low heat for 2 minutes.
11. Add the parboiled vegetables and stir under low heat for 5 minutes.
12. Add ½ cup of water and allow it to simmer for 2 minutes to produce a gravy.
13. Garnish with coriander leaves and serve with steamed rice.

Enjoy!