

Roasted Aubergine, sweet potato and spinach curry

Alias

"DAMBUSTERS' CURRY"

Serves 4



- Aubergines, chopped into bite size pieces - 2
- Sweet potato, peeled and chopped into bite
- Sweet potato, peeled and chopped into bite size pieces – 1 to 2 pcs
- Salt and ground black pepper
- Olive oil – 2 TBSP
- Ground cinnamon – 1 TBSP
- Vegetable oil – 1 TBSP
- Mustard seeds – ½ tsp
- Shallot, chopped – 1
- Fresh ginger, peeled and grated – 2cm pcs
- Garlic, crushed – 2 cloves
- Fresh red chilli, finely chopped – 1
- Garam masala – 2 tsp
- Sugar – 2 tsp
- Chopped tomatoes – 1 x 400g tin
- Spinach, washed and dried – 1 handful
- Sugar to taste – 1 pinch or two
- Lime juice, freshly squeezed – 1 TBSP
- Fresh coriander, chopped – 1 handful
- Cooked rice and plain yoghurt (optional) to serve

shallots, ginger, garlic and chilli. Fry for 3 minutes until they start to soften.

1. Preheat the oven to 180°C (fan 160°C). Put the aubergine and sweet potato on a baking sheet or ovenproof pan and season with salt and pepper. Drizzle with olive oil and sprinkle with cinnamon. Roast for approx 40 min, until cooked and golden.

2. In the meantime cook the rice (brown rice takes longer).

3. Heat the vegetable oil in a large wok. Add the mustard seeds and cover with a lid and cook for 2 minutes or until they pop. Turn down the heat, uncover and add the

4. Add the garam masala and sugar and fry for 5 minutes, then add the tomatoes and simmer for 15 min, stir in the roasted vegetables and cook over a low heat for about 10 min. Stir in the spinach until wilted. Adjust the seasoning by adding more sugar, lime or salt and pepper, to taste.

To Serve

Serve on to plates, scatter over the coriander and serve hot with rice and plain yoghurt, if liked.