

# Vegetable Curry. The Burmese Way



## Ingredients

- 2 medium potatoes
- ¼ cauliflower
- 150g green beans
- 1 eggplant
- 150g Okra
- 3 medium firm tomatoes
- 2 green chillies
- Bunch coriander leaves
- 2 cloves garlic
- ¼ teaspoon Turmeric
- 1 large onion
- 1 teaspoon ginger powder
- 1 teaspoon chilli powder
- 1 teaspoon of Salt
- Water

## Method

1 – Peel and cut potatoes and eggplant into 1 inch cubes. Cover eggplant with water (to prevent browning). Break the cauliflower into small florets. Cut green beans and okra into 1 inch lengths. Chop 1 tomato finely, and one into large chunks. Finely dice onion.

2 - Slice garlic into thin 'chips'. Remove stalks from chillies and split lengthways. Finely chop coriander.

3 - Heat oil in large pan. Fry garlic chips for 1 min, be careful they don't burn. Add the onions, turmeric, ginger and chilli powder. Stir fry until they become fragrant.

4 - Add the finely chopped tomatoes and coriander, and cook for 2 – 3 mins.

5 - Add potatoes, 1 cup of water and salt and cook for 10 mins. Add the green beans, eggplants cauliflower and green chillies along with a further ¾ cup water.

6 - After 5mins add the chunked tomato and the okra. Cook for a further 2 mins. Remove whole chillies to serve (or eat, if you like it spicy!)

Make this meal go further by serving with rice or noodles.

You can omit or reduce the amount of chilli to make it more kid friendly.

Recipe shared by Vanessa of Maidstone

