

SABZI DAMAYANTI ✓

(mixed vegetables in cream sauce)

My paternal grandmother always insisted that the secret of maintaining good health was a well planned meal which included plenty of fresh vegetables cooked in herbs and spices.

2 tablespoons natural yogurt

1/2 teaspoon salt

2 teaspoon Ashoka curry paste (see inside back cover)

1 teaspoon sugar

1 medium eggplant (optional), cut in 5 cm cubes

200g cauliflower floret (4 cm heads) with stems

2 tablespoons safflower oil

1/2 teaspoon cumin seeds

1 large potato, peeled, cut lengthwise 1/2 cm thick

1 medium red capsicum seeded, thinly sliced

*1/2 cup drained canned kidney beans **OR** 1/2 cup cooked chickpeas*

1/2 teaspoon chilli powder

1/2 cup mushrooms

150g snow peas cut in half

1 tablespoon thickened light cream

chopped fresh coriander, to garnish

Combine yogurt, salt, curry paste, sugar in bowl, add eggplant, cauliflower, toss to coat, marinate for 1 hour.

Heat oil in pan on medium heat, add cumin seeds as they turn black, add potato, cover, cook on high for 1 minute. Add eggplant, cauliflower (save marinade), cook on high for 1 minute. Cover, cook on low for 4 mins, stir once. Add capsicum, kidney beans or chickpeas, reserved marinade, chilli, stir on high for 1 minute. Add mushrooms, snow peas, cover, cook on low for 1 minute. Add cream just before serving. Serve hot garnished with fresh coriander.

To cook ahead: Prepare 24-48 hours ahead, refrigerate. For best results, reheat in pan over high heat, stirring constantly. Not suitable for freezing.