



## INDIAN BOMBAY POTATO CAKES

Makes 6 x 120g cakes

A more exotic take on our Irish potato cakes - here we use the curry sauce and grated carrot to give more flavour and texture. Add in some more spices if you have them or fresh coriander and if you can get some mango chutney it goes great with them!

### Ingredients

#### Potato mix;

- 2 tbsp olive oil
- 2 onions
- 1 clove garlic
- ½ thumb size piece of ginger
- 1 red chilli - seeds removed if you prefer it less hot
- 600g potatoes
- 3 carrots (200g)
- 1.5 tsp salt
- 6 tbsp medium curry sauce
- ¼ tsp ground black pepper
- 380ml veg stock or water
- 3 Tbsp flour for coating
- 1 Jar Mango chutney to serve (optional)

### Method

- Finely chop the onion, garlic, chilli and ginger. Cut the potatoes in small bite size pieces. Grate the carrots finely.
- In a large saucepan with a lid, heat 1 tbsp of oil over a high heat, add the chopped onion, ginger, chilli, reduce heat to medium and cook for 4 mins until the onions start to brown slightly, add the garlic, chopped potatoes, grated carrot, salt and curry sauce and mix well so the sauce cover the potatoes and cook for 2 mins then add stock/ water and cover with the lid and leave to steam for 8-10 minutes stirring occasionally. Cook until the potatoes are cooked through and the water has almost all evaporated
- Remove from heat and transfer to a large bowl, mash the potato mixture slightly, leaving some chunks of potato to give the cakes a little texture.
- To the bowl season to taste, if you have any spices that you like add them in here to your taste and add more salt if you like your food a little saltier. Leave the potato mixture to cool for 20 mins as it will be easier to shape.
- Put the flour into a small bowl.
- Shape the mixture into 120g cakes, dip in the flour and set aside.
- Heat 1 tbsp of oil in a large wide non stick pan over high heat, cook the potato cakes in batches, reduce the heat to medium after adding to the pan, cooking for 3-4 minutes per side until golden brown and cooked through, serve with the mango chutney and red chilli if you wish, Enjoy!



## 1 POT CREAMY TOMATO PASTA

Serves 4

Easy, tasty and very little clean up! Great mid week dinner that also works well as a cold salad the next day if you make extra. If you are Italian, apologies up front for cooking the pasta in the sauce in one pot which is a big no no in traditional Italian cooking but it works fab here and saves on wash up! We love to serve this with a crust of bread which works perfect to clean up the juices left on the plate!

### Ingredients

- 1 onion
- 3 cloves garlic
- 1 carrot
- 100ml water
- 1 x 400g tins chopped tomatoes (jar pasta sauce)
- ½ teaspoon black pepper
- 800ml veg stock
- 500ml milk of choice
- 500g pasta
- a small bunch fresh basil leaves (optional)
- 2 teaspoon chilli flakes to garnish (optional)

### Method:

- Peel and finely chop the onion and garlic. Slice the carrot into small bite-size pieces.
- Put a large pot on high heat. Once pot is warm, add 1 tablespoon of oil and leave to heat up. Once hot add chopped onion, carrot and garlic, and cook for 3-4 minutes stirring regularly or until it starts to brown slightly.
- Now add the tomato sauce/ pasta sauce, black pepper and mix well. Then stir in the veg stock and milk as well as the pasta. If using spaghetti, break this so that it all fits into the pan and submerged in the liquid, and mix it well.
- Once it starts to boil, reduce the heat and leave to simmer ensuring the lid is off so that the liquid starts to evaporate. Every so often, using a wooden spoon, gently mix through the pasta, making sure that it doesn't stick together.
- Once the sauce is reduced and pasta is cooked but still al dente (has a slight bite to it), taste and add more salt or sweetener to liking.
- Finally, tear the basil leaves roughly and sprinkle some chilli flakes over each serving as options for garnish. Enjoy!

See the cooking videos here:  
[www.goodgrub.ie/#recipes](http://www.goodgrub.ie/#recipes)

