



Gujarati Brussels Sprouts with Potatoes

Recipe by Dillon Kesur



Serves 4



50 minutes

INGREDIENTS

- 2 tablespoons ghee or peanut oil
- ⅛ teaspoon cumin seeds
- ¼ teaspoon black mustard seeds
- 200g Dutch cream potato wedges or cubes
- 4 sprigs of curry leaves
- 250g of brussels sprouts – shredded or quartered
- Ground spices: ½ teaspoon turmeric powder, ¼ teaspoon of cumin powder, ½ teaspoon coriander powder, chilli powder (or fresh chilli) to taste
- Salt
- 1 teaspoon grated ginger
- 1 teaspoon chopped garlic
- 1 small chopped tomato
- ¼ teaspoon garam masala (optional)
- Sprinkle of coriander leaves
- 1 chopped garlic plant (optional)
- Juice from ½ a lemon or lime

DIRECTIONS

1. Heat ghee on medium heat. Sprinkle in cumin seeds for 5 seconds, then add mustard seeds.
2. When the mustard starts popping, add potatoes and curry leaves. Be careful as it will splutter. Mix well with a long-handled spoon.
3. Scatter the shredded brussels sprouts with ground spices and the ginger and garlic. Salt to taste. Stir well on medium heat for 5 minutes.
4. Cover pan and cook on a low heat for 20 minutes. After 10 minutes, add chopped tomato. Stir often. You may need to stir in a tablespoon or two of water if it gets too dry, but the finished dish should have no liquid left.
5. Mix in garam masala if using, and sprinkle on coriander leaves (and chopped garlic plant if using) and lemon juice.
6. Serve with roti or rice with dahl, and other vegetables, chutney and pickles.



Sundays

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