


## Ingredients


3 aubergine or 3 courgettes  
4 X onions  
4 X potatoes  
Tomato passata/tin  
Curry powder  
Red chili  
Fresh garlic (2 bulbs)  
Whole cumin seeds  
Dried coriander  
Veg oil  
Salt  
Naan bread


## Instructions


 Peel the potato and onion. Finely chop the onion and cut the potato into small chunks.

 Peel the garlic and crush using a garlic crusher or grater.


 Slice the courgette into rounds.


 Heat the vegetable oil for 2 minutes and add the whole cumin seeds to fry for about a minute.


 Add the onions with the salt and allow the onions to soften.

 Add the coriander, turmeric, red chili and curry powder and cook for 2 minutes.

 Add the tomato passata and cook on a low heat for 5 minutes.

 Add the potatoes and courgettes to the curry base and mix well.

 Allow to cook until the courgettes and potatoes are cooked.

 Check the salt seasoning and add more if required.



## Courgette/Aubergine Potato Curry



2 servings



60 minutes

Rich, hearty, and full of wholesome goodness, courgette, aubergine, and potato curry is a comforting dish that celebrates the vibrant flavors of fresh vegetables.

The tender courgettes and aubergines melt into a luscious sauce, while the potatoes add a satisfying bite, all infused with a medley of warming spices.

This curry is a perfect balance of earthy, savory, and aromatic notes, making it a versatile meal for any occasion.



Cooking Coordinator:  
Shahidah Majeed

Enjoy it with fluffy rice or warm naan for a nourishing and flavorful feast that's sure to delight.



To watch a video of us cooking this dish, scan the QR code or visit:  
Rose Hill Junior Youth Club on YouTube.