

Vegetables in Poppy Paste



Ingredients

37g Poppy seeds
2 Green chillies
2 Dry red chillies
50g Broccoli florets
50g Cauliflower florets
60g Aubergines
30g Courgette
30g Spinach
30g Green beans
60g Diced sweet potatoes (par-boiled)
1tsp Turmeric powder
1 tbsp Rapeseed oil
1tsp Onion seeds
60ml Water

Method

- Soak the poppy seeds in a little water for half an hour and grind to a smooth paste with the green chillies.
- Cut the broad beans, aubergine and courgette into fingers. Chop the vegetables into small pieces.
- Heat the oil in a pan and add the onion seeds and red chillies.
- Sauté for one minute or until the onion seeds turn fragrant.
- Add the turmeric powder and all the vegetables and sauté for another 4 minutes.
- Add the poppy seed paste, all vegetables and the water to the pan and cook over a medium heat until the water evaporates and the vegetables are cooked (keep covered).