



Chunky Balti Veg Pie

Method

Preheat your oven to 190°C/375°F/gas mark 5.

Cook the potato chunks in boiling water until soft. Then drain and mash with the turmeric and a pinch each of salt and pepper.

Fry the onion, pepper, carrot and courgette in a splash of olive oil over a medium heat for about 5 minutes until the onions have softened a bit. Add the curry powder, season and continue to fry for a further minute before adding the chopped tomatoes. Simmer for about 5 minutes. Season to taste, then transfer to a round ovenproof dish and top with the mash. Bake for about 25 minutes until the mash starts to colour.

Serve with green vegetables

Ingredients –

1 large potato, cut into
½ teaspoon turmeric
½ red pepper, cut into large chunks
½ red onion, cut into large chunks
½ carrot, cut into large chunks
½ courgette, cut into large chunks
1 teaspoon curry powder
200 g chopped tomatoes
olive oil
salt and pepper