

Mama Dor's Kitchen



COURGETTE & POTATO FRY

Ingredients:

- 2 tablespoons Mama Dor's Bombay Potatoes Spice Blend
- 2 courgettes, cut into chip size shapes
- 2 large red potatoes, cut into chip size shapes
- 2 green chillies, halved lengthways
- 2 tablespoons of extra virgin olive oil
- 1 teaspoon cumin seeds
- 1 teaspoon mustard seeds

Method:

In a deep frying pan, add the oil with the cumin & mustard seeds. On a high heat, warm the oil until the seeds start to pop. Turn the heat down, and add the rest of the ingredients. Mix well, cover and leave to cook at a medium high heat, stirring occasionally. Cook until the potatoes are cooked.

Serve warm.