



Karahi Vegetables & Spiced Dumplings
(Serve 4)

INGREDIENTS

FOR THE DUMPLINGS

- 1 medium potatoes, boiled and mashed
- 2 green chillies, chopped finely
- 20g fresh coriander, chopped finely
- 1 tsp garlic powder / granules
- 1 tsp salt
- 1 tsp paprika
- 1 tsp ground turmeric
- 100g chickpea (gram) flour
(Alternatively, substitute the gram flour, coriander, salt, garlic, paprika, turmeric with 100g of Mama Dor's Pakora spice blend)

FOR THE CURRY

- 2 tablespoons Mama Dor's Karahi Vegetables Spice Blend
- 1 large onion, finely chopped
- 2 green chillies, finely chopped (optional)
- 3 tablespoons extra virgin olive oil
- 1 tablespoon cumin seeds
- 1/2 tube tomato purée
- 250g natural yoghurt, at room temperature
- Your chosen selection of vegetables chopped into chunks (I typically use 1 aubergine, 2 carrots, handful green beans, 1 sweet potato). Courgettes, mushroom, cabbage, cauliflower, peas, pumpkins work well too!
- 1 tin black beans, drained

METHOD

FOR THE DUMPLINGS

Mix all the ingredients in a bowl and combine until you have a loose dough. Taking a small handful at a time, shape into walnut sized round balls. You'll make 10-15 with this amount of mix.

Place onto a plate and into the fridge while you cook the curry.

FOR THE CURRY

Fry off the onions (and chillies, if using) with the olive oil & cumin seeds in a large saucepan and cook until brown, but not burnt.

Once the onions are nicely brown, take the saucepan off the heat. Add the spice blend, the yoghurt and tomato purée and give it a good mix so that it's fully blended (if you want more sauce, feel free to add more tomato purée & yoghurt).

Now on a low heat, cook the sauce stirring throughout. Once you have a thick, glossy sauce with pockets of oil bubbling, the sauce is ready.

Add the vegetables & black beans and mix well. Top the pan up with tap water to ensure the vegetables are covered. The sauce will thicken as the vegetables absorb the water. Cover with a lid, and leave to cook on a low heat for about 1-1.5 hrs, or until the vegetables are mostly cooked through, stirring occasionally.

Now take the dumplings straight out of the fridge and carefully add one at a time to the curry, trying to ensure they have space to expand a little. Make sure the dumplings are immersed in the sauce (top with a little water if there isn't enough sauce). Cover and leave for a further 30mins to allow the dumplings to cook through.

Serve topped with fried onions, fresh chillies or coriander.