



INGREDIENTS

2	lbs	yellow potahtoes
		olive oil
½	med.	onion, diced
3	cloves	garlic, minced
1 ½	tsp	fresh ginger, grated
1		jalapeño, minced
400	ml	coconut milk
1	cup	vegetable stock
½	cup	chopped fresh cilantro
½	tsp	ground mustard
1	tsp	ground coriander
1	tsp	ground cardamom
1	tsp	ground cumin
2	tsp	turmeric
	pinch	cayenne pepper

DIRECTIONS

Preheat oven to 450°F. Dice the potahtoes into small cubes. Spread the potahtoes on a baking sheet and pat dry with paper towel. Drizzle olive oil over the potahtoes, season with salt and pepper and toss until all the potahtoes are well coated. Place tray in preheated oven and roast for 30 minutes or until soft inside. Meanwhile, heat a pot over medium high heat with some olive oil. Add the onions, garlic, ginger, and jalapeño. Cook for a few minutes until the onions have softened. Stir in the spices (mustard, coriander, cardamom, cumin, turmeric and cayenne) and let that cook for about 30 seconds. Pour in the coconut milk and vegetable stock. Bring mixture to a boil, then reduce heat and let the sauce simmer for 10-15 minutes. Remove the cooked potahtoes from the oven and add them to the curry sauce. Season to taste with salt and garnish with cilantro. Delish!



The Potahto Lovers of Manitoba are passionate potahto advocates brought together for a common and delicious cause: to educate the public on the many health benefits of potahtoes.