

## **SAK 1**

Recipe provided by Mrs Surekha Parekh, Advocate of the Asian Women's group.

### **Ingredients**

- 1 sweet potato (wash, peel and chop)
- 2-3 new potatoes (wash, peel and chop)
- 1 medium aubergine (wash, chop in cubes)
- Frozen garden peas
- 4-5 cloves of garlic (peeled and crushed)
- Ginger (peeled and crushed)
- 3-4 chillies (washed and crushed)
- Chopped tomatoes
- Turmeric
- 1 teaspoon salt to flavour if needed

### **Method**

- In a saucepan add 2 tablespoons of olive oil and heat
- Add ground garlic, ginger and chillies
- Add tomatoes
- Add sweet potato and new potatoes
- Cover saucepan and leave to cook for 10 minutes
- Next add the aubergine to cook for another 5 minutes
- And once cooked... add steamed peas
- Take pan off cooker (do not over cook peas otherwise you will lose vitamins)