



Pau Bhaji

*A rich, flavour
bomb of a topping
for breads and
crackers*

4 – 6 servings
Cooking time 32 minutes

Ingredients

250 g	peeled potatoes, chopped into large pieces
100 g	aubergine chopped into small slices
15 g & 50g	butter or ghee
1 large	finely chopped onion
400 g	finely chopped ripe tomatoes
300 g can	marrowfat peas, drained
Handful	roughly chopped fresh coriander
2 tsp	garam masala
1 tsp	Kashmiri chilli powder
1 tsp	ground coriander
1/2 tsp	ground fennel
1/2 tsp	ground amchur
1 tsp	ground tumeric
1/2 tsp	ground ginger
2 tsp	cumin seeds
1 ½	tsp salt

Method

Step 1

Boil the potatoes in salted water for 10 minutes until soft. Now mash them. Set aside.

Step 2

Melt 50g of butter on medium heat until hot.

Add the cumin seeds.

After 20 seconds add the onion.

Fry for 10 minutes until soft.

Step 3

Stir in the potatoes for 2 minutes.

Step 4

Add the tomatoes and aubergine and fry for 5 minutes until soft, stirring every minute. Mash all together.

Step 5

Mix in the spices and salt. Mash in the peas and stir for 5 minutes.

Step 6

Stir through the 15g of butter and fresh coriander.

Step 7

Serve with rolls, crackers, naan bread, bellinis or slices of cucumber. Accompanied by red onion slices and a squeeze of lime juice.

Can be served hot or cold. Great on picnics or as starters or canapes.

