

# *Karuna Mayi's* **Crusted North Indian Masala Potatoes with Cashews**



This month, Society of PEACE Member **Karuna Mayi** shares her easy **vegan** recipe for **Crusted North Indian Masala Potatoes with Cashews**. She describes this recipe as a “stunningly simple curry that transforms the humble potato into something special”.

As an **Ayurvedic vegetarian chef** for over 12 years, **Karuna** has catered to international conferences and delegates from around the world. She enjoys teaching vegetarian & vegan cooking classes and currently offers classes at the Heights School of Yoga in Houston. **Karuna** is also a Clinical Ayurvedic Specialist.

## *Ingredients:*

- 2 tablespoons oil
- 1 tablespoon minced fresh ginger
- 1 tablespoon minced seeded green chilies
- 1 teaspoon black mustard seeds
- 10 fresh curry leaves (available at Indian grocery stores)
- 750g just tender, cooked, peeled potatoes, diced
- 1 teaspoon fresh ground coriander powder
- ½ teaspoon fresh ground cumin powder
- ½ teaspoon chat masala
- ½ teaspoon turmeric powder
- ½ teaspoon salt 2 teaspoons lemon juice
- 2 tablespoons chopped fresh coriander leaves
- 1 cup toasted cashews



## *Directions:*

Heat the oil in a large frying pan over moderate heat until fairly hot. Sprinkle in the mustard seeds and fry them until they sputter and pop. Add the curry leaves and fry them until they crackle and become a little translucent. Stir through the minced ginger and chilies and fry for 1 or 2 minutes, or until they are translucent and fragrant. Fold in the diced potatoes and stir well. Cook until a little crusty. Sprinkle in the four powdered spices and the salt. Sauté for 1 minute, then add the cashews and lemon juice. Fold in the fresh coriander leaves. Serve hot with breads of your choice.