

ADAPT recipe for March 2014

By Jane Marshall

I'm using up my leeks from the garden



Leek and fat pepper curry

Serves 4

4 peppers: a mix of green, yellow and red

6 medium-sized leeks, sliced

2 onions, finely sliced into rings

4 tbsp olive oil, for frying

½ tsp sugar

1 tsp mustard seeds

1 tsp cumin seeds

½ tsp turmeric powder

2 green chillies, chopped

200g tinned chopped tomatoes

Salt

Juice of half a lemon

1 Slice each pepper into six pieces lengthways. Fry the leeks and half the onion rings over a medium to high heat. When they are beginning to brown, add the sugar to caramelize. When brown, remove from the pan and set aside.

2 In the same pan, over a medium heat, fry the mustard and cumin seeds until they pop, then add the remaining onions and cook until translucent. Add the turmeric and chillies, cooking for 2 minutes.

3 Throw in the peppers and tomatoes with a dash of salt. Simmer for 10–15 minutes or until the peppers have yielded and are coated with sticky tomato. Add the lemon juice and serve.