



Bombay Bacon Curry

Serves 4

Cooking time about 30 minutes

Ingredients

200g (7oz) sweet cured unsmoked back bacon rashers

15ml (1tbsp) oil

1 onion, sliced

2 cloves garlic, crushed

30ml (2tbsp) medium curry powder

30ml (2tbsp) ground cumin

1 courgette, thickly sliced

¼ (about 200g) cauliflower, cut into small florets

2 potatoes, skin on and cut into small cubes

100ml water

2 x (approx) 400g can chopped tomatoes

30ml (2tbsp) fresh coriander, roughly chopped

2 large handfuls baby spinach

Method

- 1 Place oil in large saucepan and heat, add the bacon, onion and garlic and cook for 1–2 minutes. Add the curry powder and cumin, combine well together. Then add the courgette, cauliflower, potatoes and water. Stir well together.
- 2 Next add the tomatoes and bring to the boil, cover with lid and simmer for about 15–20 minutes until the potatoes are soft.
- 3 Just before serving stir through the coriander and spinach and serve with warmed chapattis and a side order of chopped fresh tomato, red onion and coriander mixed together drizzled with a little flavoured oil.

