

Potato and Boiled Egg Varuval

INGREDIENTS

- 3 large Potatoes, chopped
- 3 Boiled Eggs
- 3 tbsp Oil
- 1 tsp Mustard Seeds/Kaduku -
- 1 tsp Urad dal/Ulundu Paruppu -
- 1/8 tsp Asafoetida/Hing/Kaya podi
- 2 Dry Red Chillies
- 1 sprig Curry Leaves
- Salt to taste
- 1/2 tsp Turmeric Powder -
- 1 tbsp Kashmiri Chilli powder

METHOD

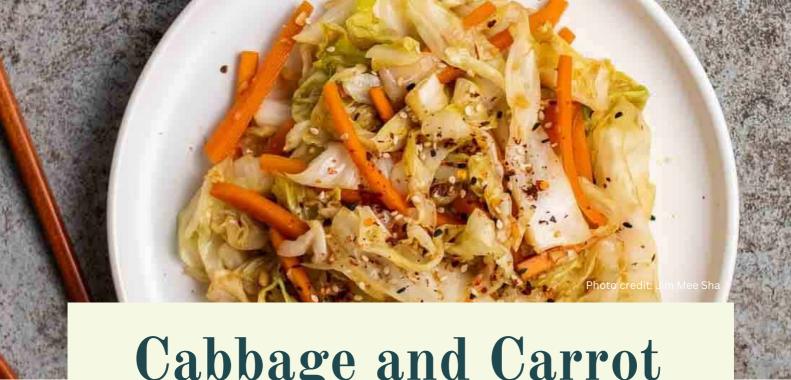
- 1. Heat oil in a pan and add all the seasonings, one by one. Sizzle.
- 2. Add the potatoes and saute in the oil
- 3. Add salt and turmeric and the boiled eggs.
- 4. Cover and cook for 10 mins until the potatoes are done.
- 5. Add chilli powder and cook for 5 mins.
- 6. Serve.



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Cabbage and Carrot Stir Fry

INGREDIENTS

- 1/3 head cabbage, julienned
- 1 large carrot, julienned
- 1 large red onion, sliced
- 1 tbsp oyster sauce
- freshly ground black pepper
- 2 cloves garlic, minced
- Oil
- Salt

METHOD

- 1. In a large wok add the oil then sauté the garlic and onion.
- 2. Add the rest of the ingredients then stir fry on high heat for 3-5 minutes or until cabbage is slightly wilted but still crispy.
- 3. Serve while hot.



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