



Chips & Curry Sauce

crisp sweet potato, Korma sauce

My take on the classic midnight snack and still relatively healthy! The sweet potato wedges work so well with the south Indian spice in the sauce and yet so simple! I'd recommend you make your 'sweet potato chips', then whilst they're in the oven you can get the wonderful sauce made, put the two together and serve. Enjoy!

Serves 4

Ingredients

6 sweet potatoes, rinse and brush-off any mud, chop into thin wedges, lengthwise. Each potato should make around 12 thin wedge shapes

1 egg, large, separate the yolk and retain the white

1tsp Sea salt

Sunflower oil, a couple of good splashes

Method

1. Set your oven to 200°C, Gas mark 8
2. Take a large bowl, pop in the egg white and, using a fork or small whisk, whip it up until it's only just frothy, then add the salt and give it another quick mix
3. In a colander, rinse the sweet potato wedges under a cold tap, gently dry them thoroughly, wrapping them in a clean tea towel then empty into the eggy bowl
4. Mix around with your hands until all the wedges are completely coated with the seasoned egg white
5. Take a *non-stick baking sheet, coat with the oil, shake the wedges free of excess 'egginess', pop them on, in a single layer and place in your oven on a middle shelf for about 40minutes or until they're lovely and crisp. You may need to turn them once during cooking.

*You may need two baking sheets if using just one means it's all a bit crowded.

Next, let's get the sauce done...

Curry Sauce

Ingredients:

500g, 1lb onions, peeled, sliced

60g, 2oz Ghee *OR* butter *OR* sunflower oil

8 cloves of garlic, chopped or blitzed

60g, 2 fat inches, fresh ginger grated or blitzed

1 sachet Green Saffron Korma spice mix

400ml, 14floz *OR* 1 tin coconut milk,

200ml, 7floz *OR* ½ tin, tomatoes, chopped

100ml, 7floz natural plain yoghurt,

100ml crème fraîche

Method:

1. Sweat the onions in the ghee, butter or oil in a large pan.
2. Turn the heat up to medium, add the garlic and ginger. Stir for a couple of minutes.
3. Next, add *all contents of your Korma spice pack* and stir for another minute.
4. Turn up the heat a bit more, add the tomatoes, coconut milk stir and cook for about 5 minutes.
5. Add the yoghurt and crème fraîche, stir thoroughly, allow to reduce by half, then pop into a food processor or use a hand-blender to blitz to a smooth sauce consistency.

Serving up:

Take 4 bowls or paper cones, fill with the sweet potato wedges, coat generously with your 'curry sauce', serve with plenty of paper towels and a decent movie!

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