



My pea and potato stew is the best you will ever have and it is the most perfect stew to cosy up to this season!!!



2 large potatoes (500g) ½ teaspoon of turmeric

1 large carrot (160g) 1 ½ cup of cooked peas

1 red onion, chopped ½ teaspoon of cumin

4 cloves of garlic, minced 1 heaped tablespoon of curry

1 cup of chopped chives 1 heaped tablespoon of onion powder

1 tomato, cubed Salt and pepper to cook

1 ½ tablespoons of tomato paste Dania leaves to garnish

Method

In your sufuria that has some oil and salt and pepper, add in your red onion, garlic and chives and sautee until fragrant and softened. Add in the tomatoes, tomato paste and the rest of the spices and cook this down until the flavors have come together and the mixture is nice and thick

Add in the potatoes, the carrots and a bit of water/stock to facilitate the cooking down of the potatoes. Let this simmer for about 15 minutes and once the potatoes are just done, add in the cooked peas, give them a minute or two on the heat and then garnish and serve.



SERVE WITH: chapo/rice

This recipe was brought to you by Kaluhi's Kitchen blog from: https://www.kaluhiskitchen.com/best-ever-potato-stew/

Youtube Video: https://youtu.be/r6ONXTNPvA0