

Moringa Tomato Curry



Makes: 4 servings

Ingredients

Main ingredients:

4 medium drumsticks, Rinse, peel and chop the drumsticks into 3 to 4 inches pieces long

2 medium green chile, roughly chopped

2 medium tomatoes, roughly chopped

1 medium potato or sweet potato, roughly chopped

1 medium onion, roughly chopped

1 tsp cumin seeds or powder

1/4 tsp mustard seeds

1/4 tsp turmeric powder

1/4 tsp coriander powder

1/4 tsp red chili powder

2 sprigs curry leaves (if available)

1 cup water

2 tbsp oil

1/2 tsp sugar or tamarind

salt as required

few coriander or moringa leaves for garnish

Grind to a smooth paste:

1 shallot, roughly chopped

1/2 inch ginger, chopped

2 garlic, chopped

Notes / Directions

Rinse, peel and chop the drumsticks into 3 to 4 inches pieces long.

Make a smooth paste without adding any water from the shallot, ginger and garlic.

Heat oil in a pan. Crackle the mustard seeds first, then add cumin seeds, green chile, onion, curry leaves, salt and cook till onion is tender. Then carefully add the ground paste.

Stir well and then add the turmeric, red chili, and coriander powder. Add the drumsticks, tomatoes and potato, and stir so that the sauce coats them well, 4 to 5 minutes.

Pour water, add sugar or tamarind and cover the pan and let the drumsticks cook at medium heat till they become tender and well cooked they should not break and become mushy, 15-25 minutes.

Garnish the drumstick curry with coriander or moringa leaves and serve with steamed rice.