



# Arvinda's

*artfully created Indian spice blends*



## Pan Fried Indian-Style Root Vegetable Medley

Serve this seasonal root vegetable medley alongside any meal. Try adding a medley carrots, beetroot, turnips, butternut squash or parsnips for a variation.

### Ingredients:

|           |  |
|-----------|--|
| ¼         | pumpkin / squash (medium-sized), peeled                          |
| 1         | turnip, peeled   |
| 3         | medium potatoes, peeled  |
| 1         | sweet potato, peeled   |
| 2 tsp.    | sea salt   |
| 2 tbsp.   | oil  |
| 6-8       | <b>Arvinda's Curry Leaves</b> (optional)                         |
| 1 ½ tbsp. | <b>Arvinda's Tikka Masala</b> (or use 2 tsp. for milder flavour) |
| 1 tbsp.   | cilantro, chopped (optional)                                     |



### Method of Preparation:

Cut pumpkin, turnip, potatoes and sweet potatoes into small cubes.

In a large pot, add cubed vegetables and cover with water. Add salt and boil until vegetables are tender (approximately 10 minutes). Do not overcook. Drain and set aside.

In a large non-stick pan, heat oil on medium-high. Add **Arvinda's Curry Leaves** and fry for one minute. Mix in **Arvinda's Tikka Masala** and blend with oil.

Fold in drained root vegetables. Coat with masala and fry until golden brown. Transfer into a serving dish and garnish with chopped cilantro.

**Serves 4.**