

The new vegan: potato, chard and coconut curry recipe

A curry that makes the most of summer's finest vegetables



▲ Meera Sodha's new potato, chard and coconut curry. Photograph: Louise Hagger for the Guardian. Food styling: Emily Kydd. Prop styling: Jennifer Kay, assisted by Agathe Gits

New potato, chard and coconut curry

This dish started life in [Karnataka](#), on the west coast of India. It's a spin on saagu, a curry of whatever vegetables happen to be in season, cooked gently in a soothing, spiced coconut sauce. It's filling enough to be restorative, quick enough to cook midweek and light enough to be good company on a summer's night. If you don't have a blender, chop the garlic, ginger and chillies as finely as your fingers and knives will allow, and cook for an extra five minutes. Serves four.

1 tsp cumin seeds

2.5cm piece ginger, peeled and roughly chopped

2 green finger chillies, roughly chopped

3 garlic cloves, peeled

30g unsweetened desiccated coconut

400ml tin coconut milk

3 tbsp rapeseed oil

1 large onion, peeled, halved and thinly sliced

600g new potatoes, cut in half lengthways

1 ½ tsp garam masala

½ tsp turmeric

1 tsp salt

200g rainbow (or normal) chard, stems cut into 4cm pieces, leaves shredded

250g frozen peas, defrosted

Put the cumin, ginger, chillies, garlic and desiccated coconut in a blender with just enough of the coconut milk to blitz everything to a smooth paste. Add the rest of the coconut milk and lightly pulse (over-mixing might split it) to a sauce-like consistency.

In a wide frying pan for which you have a lid, heat the oil over a medium flame, then fry the onion for five minutes, until translucent. Put in the potatoes cut side down and fry for around 10 minutes, until they are lightly golden brown and the onions are soft, dark and sticky.

Stir in the garam masala, turmeric and salt, then add the coconut sauce and bring up to a gentle bubble. Add the chard stalks, cover and cook for five minutes. Add the leaves and peas, cover again and simmer for a final five minutes, until the chard stems, peas and potatoes are tender and the leaves have wilted.

Serve with basmati rice or chapatis and a fiery pickle on the side.
