

Stir Fry Carrots with Fenugreek

Serves 2–3

A quick and healthy side dish.

- 3 medium carrots — peeled and cubed
- Large bunch of [fenugreek](#) leaves
- 2 tbsp sunflower oil
- ½ tsp mustard seeds
- 1 tsp cumin seeds
- 1 tsp garam masala
- 1 tsp coriander
- ½ tsp chilli powder
- 1 tsp amchur — mango powder — if available
- Pinch of salt



Chop the fenugreek coarsely just before you need it. If you chop it up in advance it tends to be bitter.

In a wok, stir fry the mustard and cumin seeds, when they start to pop add the fenugreek and stir fry for about 5 minutes until the water evaporates. Add the carrots, spices and salt and continue to stir fry until the carrots are cooked but still with a little bite.

This is a quick and tasty side dish to serve with virtually anything!