

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!