

## Vegetables in Spiced Yogurt Recipe

**Ingredients:** Serves 4-6

1¼ cups (300ml) water  
4 large fresh green chilies, quartered lengthwise  
18 fresh curry leaves  
½ teaspoon ground turmeric  
1 large desiree potato, cut into 2-inch sticks  
1 large carrot, cut into 2-inch sticks  
1 yellow (brown) onion, cut into very thin wedges  
1 baby eggplant (aubergine), cut into 2-inch sticks  
1 large zucchini (courgette), cut into 2-inch sticks  
125g green beans, trimmed and cut into 2-inch lengths

**Spiced Yogurt:**

½ cup (125g) plain (natural) whole-milk yogurt  
½ teaspoon ground coriander  
½ teaspoon ground cumin  
¼ teaspoon ground black pepper  
salt to taste

**Method:**

In a large saucepan, combine water, chilies, curry leaves and turmeric and bring to a boil over medium-high heat. Add potato, carrot, onion, eggplant, zucchini and beans and mix well. Cover, reduce heat to medium-low and simmer, stirring occasionally, until vegetables are just tender, about 15 minutes. While vegetables cook, make spiced yogurt. In a bowl, combine yogurt, coriander, cumin, pepper and salt and mix well. Drain all but about 1½ tablespoons liquid from vegetables. Add spiced yogurt and mix gently over very low heat until combined. Do not overheat or yogurt may separate. Serve hot.

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