

Tikel Gomen

Cabbage & Potato Curry

Genet's take on the one-pot classic Tikel Gomen is wholesome, healthy & downright delicious. Full of veggies & bursting with flavour, this humble curry is best eaten with your h&s – just grab a piece of Injera (Ethiopian flatbread) & get scooping.



A recipe from Genet's Ethiopian Vegetarian Feast

Time

45 minutes

Dietaries

Vegan Friendly

Genet's Feast Serves

4 people

Ingredients

- 50mls vegetable oil
- 120g brown onion, peeled & finely chopped
- 25g garlic, peeled & finely chopped
- 30g ginger, chopped finely
- 1 teaspoon turmeric powder
- 175g carrot, peeled & cut into 5cm x 1cm thick strips
- 115g green capsicum, seeds removed, chopped into 2cm squares
- 700g cabbage, washed roughly chopped
- 250g medium sized potatoes, peeled & chopped into bite-size pieces
- 700mls water
- 1 teaspoon salt
- 2 green chillis, stems removed & roughly chopped

Method

1. In a pot, fry onion in oil on medium heat until soft.
2. Add garlic & ginger, cook a further 1 minute, add turmeric & stir.
3. Add carrots to the pot & cook for 5 minutes.
4. Add capsicum to the pot & cook for 2 minutes.
5. Add cabbage & cook for 5 minutes then add 200 mls water.
6. Turn heat to low, add the potatoes & cook covered until potatoes are cooked. If the mix becomes dry add small amounts of water.
7. Add salt (more according to taste) & garnish with chilli. Cover the pot with a lid until ready to serve.

Cook's Notes:

The vegetables in this dish should retain their shape & not be mushy.

Potatoes are perfectly cooked when they are soft enough to break with a wooden spoon.

Covering the pot with a lid allows the steam to cook the potatoes & other vegetables without excess water.