

Season: January - July

Cool Tassie Carrots

Indian Style Curried Carrots and Peas

Serves 6

- 4 large Tassie carrots
- 1 small Tassie brown onion, roughly chopped
- 2 garlic cloves, crushed
- 2.5cm peeled fresh ginger, finely grated
- ¼ cup vegetable oil
- 1 teaspoon cumin seeds
- 1 1/2 teaspoons turmeric
- 2 teaspoons ground cumin
- 1-2 small red chillies, finely chopped
- Sea salt and freshly ground pepper to taste
- 1 cup Tassie Birds Eye frozen peas
- 1/2 cup vegetable stock
- Fresh coriander

Scrape carrots and dice. Put the onion, garlic, ginger and oil in a pan and cook over high heat until onion softens. Add spices, salt, pepper, carrots and peas. Toss and cook for 5 minutes. Add stock, cover, reduce heat to a simmer and cook for 15 minutes. Garnish with coriander.

