



*Simon Kenton* of DinnerTime Community Kitchen  
**SWEET & SOUR POTATOES & SPROUTS**

Serves 2 as a main, 4 as a side dish. This is a great way of using up any green or root veg after Christmas dinner. Chilli and spices optional, depending on how much heat you can handle!



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### Ingredients

- 300g cooked brussel sprouts (halved or quartered)
- 300g roast potatoes (bite sized chunks)
- 2 tbspn sunflower oil
- ½ tsp cumin seeds
- 1 tsp black mustard seeds (Optional)
- 1 x 400g tinned chopped tomatoes
- 1 onion (sliced thinly lengthways)
- 3 cloves garlic (sliced thinly)
- ½ lemon (juice & zest)
- 1 tsp cumin powder
- ½ green chilli finely chopped (Optional)
- ¼ tsp chilli powder (or to taste)
- 1 tsp salt
- 1 tbspn cranberry sauce (Optional)
- 2 cm fresh ginger (thin matchsticks)

### Method

- 1 Heat the oil, fry the mustard seeds and cumin seeds, on a medium heat, until they pop. Add the onion, garlic and fresh chilli and cook until soft.
- 2 Add the spices, tomatoes, lemon, and cranberry sauce and cook for 10 minutes.
- 3 Stir in the leftover vegetables and cook gently until hot.
- 4 Remove from the heat, stir in the ginger and leave covered to infuse for 10mins.

**Serve hot or room temperature as a main with rice, Indian bread or salad, or as a side dish with leftover turkey.**

NB: if using uncooked veg, add potatoes at stage 2 and cook covered until they are just cooked, or stir fry sprouts in a little oil until only just cooked and add in stage 3.

### WHY NOT TRY...

Using any leftover roasted veg or greens, such as parsnips or cabbage.

Using fresh kale, spring greens or savoy cabbage instead of potatoes to make a great side dish. Cook uncovered for about 5 mins until just tender.

