

ingredients

4 tablespoons corn oil
4 curry leaves
2 onions, sliced
1½ teaspoons ground coriander
1 teaspoon ginger pulp
1 teaspoon garlic pulp
1 teaspoon chilli powder
1 teaspoon salt
300 g (10 oz) frozen sweetcorn
1 small red pepper, cored, deseeded and diced
2 spring onions, finely chopped

Simple to make, this curry makes a very good accompaniment. In fact, it is a good idea always to keep some sweetcorn in the freezer so you can make this dish quickly for unexpected guests.

spicy sweetcorn curry

1 Heat the oil in a saucepan, add the curry leaves and onions and fry until soft. Lower the heat slightly and add the ground coriander, ginger, garlic, chilli powder and salt and stir-fry for about 30 seconds. Add the sweetcorn and fry for about 5 minutes or until all the water has evaporated. Stir in the diced pepper and spring onions and serve at once.

opposite: french beans with potatoes and roasted sesame seeds, poppadums and mango milkshake (see page 125)