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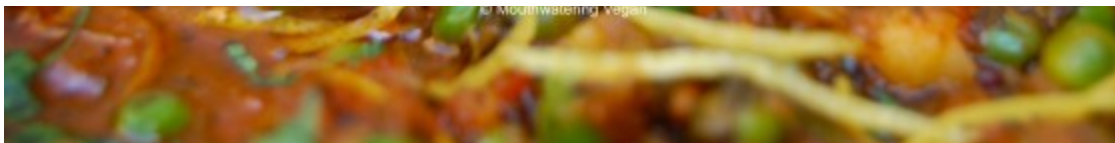


## Asparagus, Potato & Spinach Curry in a Tandoori Lime Sauce – Culinary Heaven on Earth

I cannot describe in words how absolutely mouthwateringly delicious and sensual this curry is. I specialize in creating irresistible curries with the most superb flavours, colours and textures, as well as mind-blowing aromas that emanate from these delights – whilst this gem was cooking, a Heavenly scent worked its way around the house, which smelt like a real high-class curry joint. I served it with wonderful Libyan bread (Fteera), on a bed of wild rice.

This is a topnotch impressive curry that is just waiting for you to buy the ingredients and intervene in the kitchen. Insisting that you make and serve this as a well deserved treat – by the way, if you serve this to your loved ones, they're going to love you that much more. Bon Appétit.





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## Share **INGREDIENTS**

large white onion

red chilli

cloves garlic

Tbsp olive oil for frying the above

1/8th cup olive oil (to mix with the spices below)

1 tsp tandoori powder

¼ tsp aniseed

1 tsp panch puren

1 tsp curry powder (I used hot)

1/8 tsp asafoetida or onion powder (optional)

½ tsp turmeric powder

½ tsp ground cumin

1 inch of minced ginger

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Share 1 tsp Himalayan salt

tsp agave syrup

Tbsp tomato paste

cups precooked chopped spinach

the juice of ½ a lime

the zest of a lemon

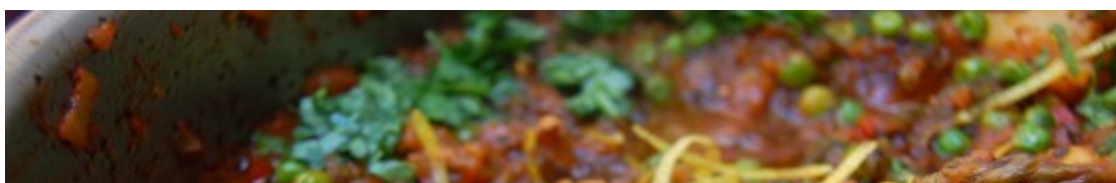
½ cup (125 ml) water

2 Tbsp freshly chopped coriander/cilantro

1 cup petit pois

2 large potatoes, pre-cooked until soft, peeled, and roughly chopped

1½ cups asparagus, cut into 3 portions (I used frozen)



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## METHOD

First add all your spices with the 1/8 cup of olive oil in a cup or mug, and mix well.

Then get your onion, garlic, and chilli, and process in your food processor until all are chopped into very small pieces.

Heat the tablespoon of olive oil, add in your onion mix, and fry until it turns transparent.

Then stir in your spices – within a minute or so the smell will be waving its way around your kitchen and

beyond.

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Now add your tomato paste, mix frequently, then add all remaining ingredients except for the fresh coriander, the lime juice and lemon zest.

Allow to simmer gently for an hour or so, you may need a little bit more water, just keep your eye on it.

At the end, gently add the lime juice and garnish with the lemon zest and coriander.

Voila – that's it ! All that remains is for you to serve and tuck in.





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Rich Red Hot Chilli Salsa  
Gluten-Free Pizza



## 25 COMMENTS



antonia gomez

August 1, 2015 at 12:40 pm

Mouthwatering! Thank's a lot for sharing!

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**Miriam**

*August 1, 2015 at 4:23 pm*

You're most welcome Antonia – and let me know how it goes as and when you have tried this out. 😊

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**Miriam**

*August 2, 2015 at 10:18 am*

My pleasure Antonia and I hope you make and enjoy it – if so, pop by and let me know as and when! Cheers your way! 😊

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**NM22**

*August 2, 2015 at 10:28 am*

Curry looks amazing! I moved house 2 days ago (high stress) but when I eventually unpack my kitchen boxes this is on my list to make. Thanks for a great recipe!!

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**NM22**

*August 2, 2015 at 10:34 am*

Hi Again Miriam, forgot to ask in my earlier post do you simmer the pre cooked Potatoes, Spinach and frozen Asparagus for an hour or so it seems a long time if pre cooked no Asparagus is so quick to cook? Thanks in advance NM (UK)



**Miriam**

*August 2, 2015 at 3:59 pm*

You're welcome and hope you settle in soon. 😊



**Miriam**

*August 2, 2015 at 4:01 pm*

Hi Nina, the potatoes are to be pre-boiled in order that they soften then set aside. The spinach will be pre-cooked and then processed in your food processor – and set aside. The asparagus I used frozen, I chopped them and added them to the sauce with the pre-cooked potatoes and spinach. Hope this helps and let me know how it goes as and when you have the time to make it. Cheers ! 😊



**theresa alkire**

*August 2, 2015 at 5:09 pm*

this looks so good! Thank you for sharing it with us. I am wondering what panch puren is? I am sure a spice, but i have never heard of it. do you know where I might be able to buy some?



**theresa alkire**

*August 2, 2015 at 5:24 pm*

I found it Miriam, on amazon and ordered some! I can't wait to try this recipe



**Miriam***August 3, 2015 at 7:51 pm*

So glad you found it Theresa – let me know how it goes as and when you've tried it out.  
Cheers !

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**Miriam***August 3, 2015 at 7:53 pm*

Have already responded. 😊

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**Paula***August 13, 2015 at 10:17 pm*

Tried this today – absolutely fabulous. Totally lives up to your description! I added some cashews for protein, but other than that followed your recipe to the letter, and it was without a doubt the best curry I've ever made. Will definitely be making it again! Thanks for a great recipe.

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**Miriam***August 16, 2015 at 12:05 pm*

That's great news Paula, so glad you enjoyed it and hope you enjoy many more recipes from here ! Cheers ! 😊

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**bristol plasterer***August 25, 2015 at 3:22 pm*

this sounds good. Something new to try as well. thanks for sharing this recipe.

Simon

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**Miriam**

*August 25, 2015 at 6:35 pm*

Hope you try and enjoy it some time Simon. 😊



**Claire**

*August 25, 2015 at 8:19 pm*

Hello Miriam! I went shopping to buy the ingredients I didn't already have and will be trying it this afternoon. I was also curious about when you add the spinach, asparagus and pre-cooked potatoes. Is that after it has simmered for an hour? Thanks for sharing your recipe!



**Miriam**

*August 31, 2015 at 4:58 pm*

Claire Hi there. You can add them shortly after you have prepared the curry sauce so as to integrate them and they can absorb all the delicious and interesting flavours. Do let me know how it all went. Cheers your way in the meantime Claire. 😊



**plasterer bristol**

*September 2, 2015 at 6:59 am*

Yum. This looks really good. Thanks for sharing this recipe. 😊

Simon

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**Miriam**

*September 3, 2015 at 4:52 pm*

Sure thing Simon ! 😊

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**Didi**

*September 6, 2015 at 4:23 pm*

Nooooooooooooo, this looks too good, my mouth is watering... I seriously need this right now...

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**Miriam**

*September 6, 2015 at 11:33 pm*

Hope you make and enjoy it some tme Didi. 😊

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**Barb**

*September 14, 2015 at 3:28 am*

Didn't have the panch puren but omg this was so amazing! Thank you so much!

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**Miriam**

*September 14, 2015 at 12:47 pm*

Hi there Barb, am delighted you made and enjoyed it ! Hope you enjoy many more recipes

from my blog, and I look forward to your future comments on my blog ! Cheers ! 😊

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### **Nancy Nurse**

*May 12, 2016 at 6:39 pm*

Hi Miriam, finally a dish with some REAL SPICES and some oomph! But...am I missing something because it was barely enough for one person! Only half cup water? Thank you.

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### **Miriam**

*May 13, 2016 at 1:14 pm*

Hi Nancy – by all means add some more water – portion sizes are rather tricky, but by all means add more potatoes, asparagus and spinach to the curry. By the way, if you are a fan of spices and oomph – then please re-visit my site in a week or so where you will find a few spicy surprises !

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