

COMBINING RIGHT RECIPES

Quick Lunches - STARCHES

Savoury potato slices – serves 2

2 medium potatoes
1 medium onion, finely chopped
2 tbsp extra virgin olive oil
½ tsp mild curry powder
sea salt

Wash potatoes, leave skin on. Slice, wash again and dry on kitchen paper. Heat oil in frying pan, add onion and curry powder and cook for 1 minute. Add potato slices and cook for about 4-5 minutes on each side or until golden brown. Sprinkle with sea salt. Serve with a crisp green salad.