



Care for a curry, 22 Drumsheugh Gardens, Edinburgh EH3 7RN. Telephone: 0131 243 1453 • Facsimile: 0131 243 1450
Dementia Helpline 0808 808 3000 • E-mail: careforacurry@alzscot.org • www.alzscot.org • www.careforacurry.org

Bombay potatoes

Ingredients

350g/12oz of potatoes, quartered and par-boiled
Half teaspoon of chilli powder
Half teaspoon of turmeric
Quarter teaspoon of garam masala
One medium onion, chopped
Half a tin (400g) of chopped tomatoes
One green pepper, chopped
Squeeze of lemon juice
Two tablespoons of vegetable oil

Method

Heat oil in pan. Fry onion and green pepper, until both are soft. Add spices and stir through thoroughly. Add potatoes, making sure they are thoroughly coated with the mixture in the pan. Add chopped tomatoes and stir through. Add a squeeze of lemon juice before serving.

Submitted by Jenny Jackson.

Care for a curry is a fundraising initiative of Alzheimer Scotland • www.careforacurry.org

President: Lord Sutherland of Houndwood KT, FBA, FRSE • **Registered Office:** 22 Drumsheugh Gardens, Edinburgh EH3 7RN • **Alzheimer Scotland - Action on Dementia** is a company limited by guarantee and is recognised as a charity by the Office of the Scottish Charity Regulator • Registered in Scotland 149069 Scottish Charity No. SC022315

Alzheimer Scotland is dependent on legacies to maintain and develop its work