



## Ingredients

### Serves 8

- 2 tbsp sunflower or groundnut oil
- 3 onions, finely chopped
- 4 garlic cloves, crushed
- 4cm (1½in) piece of fresh root ginger, peeled and finely chopped
- 1 Scotch bonnet chilli, deseeded and chopped
- 1½ tsp ground coriander
- 1 tsp ground turmeric
- 1 cinnamon stick, broken in half
- Salt and black pepper
- 300g (10½oz) each of carrots, parsnips and sweet potatoes, peeled and cut into 3cm (1¼in) chunks
- 400g (14oz) potatoes, peeled and cut into 3cm (1¼in) chunks
- 1 litre (1¾ pints) vegetable stock
- 2 tbsp tomato purée
- 2 bay leaves
- Pinch of soft dark brown sugar
- 75g (2¾oz) cashew nuts, crushed, plus extra, chopped, to serve
- 100g (3½oz) French beans, topped and tailed, then halved
- 200g (7oz) baby spinach leaves
- 4 tbsp double cream
- Juice of 1 lime

## Spice it up

### *Hot, Hot Roots*

This is a lovely Caribbean-flavoured curry using all the root veg we get here in Britain during the autumn and winter. Parsnips have never tasted so good! You can use waxy or floury potatoes – you'll just get different results.

1 Heat the oil in a flameproof casserole dish over a medium heat. Add the onions and cook, stirring occasionally, until they are a good brown colour – make sure they do not burn. Add the garlic, ginger and chilli and cook, stirring frequently, for about 5 minutes, then add the spices with ½ teaspoon pepper and cook, stirring, for another minute to release their fragrance.

2 Stir in all the root vegetables. Cook, stirring occasionally, for about 4 minutes, then add the stock, tomato purée, bay leaves and sugar, followed by the crushed nuts. Season with salt and pepper and bring to just under the boil. Reduce the heat to a steady simmer and cook for about 15 minutes until the vegetables are almost tender. You may have to add a little water if the mixture starts to get dry, but the sauce should just coat the vegetables.

3 Add the beans and spinach for about the last 3 minutes of the cooking time, then stir in the cream. Taste and add half the lime juice, then adjust the seasoning and decide whether you want to add any more lime juice.

4 Serve the root curry piping hot, scattered with chopped cashews, with the Mango & Coconut Relish on the side, together with warm rotis for dipping, if you like.



### Spice it up by Levi Roots

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