

# Easy Niramish (traditional Bengali vegetable stir fry)

*by Karim Ullah*

## Ingredients: serves 4

1 tbsp of vegetable oil  
3 cloves of garlic, crushed  
1 tsp of crushed / grated ginger  
4 bell peppers, chopped  
3 medium sized onions, chopped  
1 tbsp of curry powder  
4 large potatoes, chopped to about 2cm cubes  
Salt to taste  
A small bunch of chopped coriander (Optional)

## Method

In a medium-sized saucepan add the oil and the chopped garlic and put on a low heat.

Once the oil starts heating up add the ginger, followed by the chopped bell peppers and stir.

After a minute add the chopped onions.

Keep on a low heat, and once the onions are a golden brown add the curry powder and stir well.

Add the chopped potatoes. Keep stirring and add a little cold water. Put the lid on the pan and simmer until there's no sauce left, and the potatoes are tender. Occasionally stir to avoid the ingredients sticking to the pan. Add a little more water if needed. Once it is ready, add salt to taste and garnish with the coriander (optional)

Serve with any kind of bread or rice.



**tbsp = tablespoon**

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