

BRUSSELS SPROUTS KOTTU ROTI



EXTRAS
#68

ALSO WORKS A TREAT WITH...

Red cabbage or leftover Christmas veg in place of the sprouts

RAISE YOUR GAME BY...

Making your own pol roti in place of the chapatis



BRUSSELS SPROUTS KOTTU ROTI

Brussels sprouts can be a divisive little vegetable, but we're fairly certain even the most adamant sprout-phobe will enjoy them in this seasonal version of kottu roti - a hugely popular Sri Lankan street food consisting of chopped up roti stir-fried with vegetables, eggs and lots of fragrant spices.

Prep 35 mins	Cook 30 mins
Heat 	Serves 4

400g **Brussels sprouts** - thinly shredded
1 large **carrot** or **parsnip** - peeled and coarsely grated, or use up any **Christmas veg leftovers** cut into small bite-size pieces

1 **red onion** - thinly sliced
2 **cloves of garlic** - roughly chopped

Fresh ginger - roughly chopped to make 1 tbsp

1 **lime**

4 **eggs** (any size) - beaten

1 tbsp **tomato puree**

1 tbsp **soy sauce** (any type)

2 tsp **sugar**

2 **chapatis**, **pitta breads** or **tortilla wraps** - cut into bite-size pieces

3 tsp



HALDI BLEND

2 tsp



METHI BLEND

1 tsp



MIRCHI BLEND

1 Blend $\frac{1}{2}$ of the onion with the garlic, ginger, tomato puree, soy sauce, sugar, 3 tsp **HALDI BLEND**, 2 tsp **METHI BLEND**, 1 tsp **MIRCHI BLEND** and $\frac{1}{2}$ tsp salt to a coarse paste (adding a splash of water if necessary)

2 Fry the paste in 3 tbsp oil for 10 minutes or until it is beginning to brown and stick to the bottom of the pan

3 Add the Brussels sprouts, carrot and remaining onion then stir-fry for 5 minutes or until the vegetables are soft

4 Add the chapati pieces and cook for 30 seconds to warm through, then add the egg and stir-fry for 3 minutes or until the egg is scrambled

5 Squeeze in the juice of $\frac{1}{2}$ the lime then serve with the remaining $\frac{1}{2}$ lime to squeeze over at the table