**SRI LANKAN POTATO AND KALE CURRY**

1 large onion, sliced thinly

3 Tbsp of oil

6 [curry leaves](http://www.amazon.com/Fresh-Curry-Leaves-1-0-Stems/dp/B00X1D0BLQ/ref%3Das_li_bk_tl/?tag=islandsmileor-20&linkId=7a8dcd84a9b756cb87f89d59a40e965c&linkCode=ktl), picked

1 stick of [Cinnamon](https://amzn.to/2TbpPgi)

1/2 tsp [mustard seed](https://amzn.to/2F8SeOS)

6 [Cardamom pods](http://www.amazon.com/Spicy-World-Green-Cardamom-Ounce/dp/B000JMBEEK/ref%3Das_li_bk_tl/?tag=islandsmileor-20&linkId=50922c8025c23e27c4410fa6d3a96fbd&linkCode=ktl)

2-3 garlic cloves, finely chopped

2 green chillies*, cut into required size, or 1 teaspoon of chilli flakes (omit if necessary)*

1kg potatoes, square edges off and cut into 1-inch cubes

1 tsp [turmeric](http://www.amazon.com/Organic-Turmeric-Powder-Resealable-Curcumin/dp/B01CRXAYKS/ref%3Das_li_bk_tl/?tag=islandsmileor-20&linkId=c3b2e142b5c9d17333b4491fb1df426c&linkCode=ktl)

200g Green beans, top and tail and cut into 5cm pieces

2 tin of [Thick coconut milk](http://www.amazon.com/Aroy-d-Coconut-Milk-100%25-Original/dp/B00JUB8N3G/ref%3Das_li_bk_tl/?tag=islandsmileor-20&linkId=ba3cfadded1b64824bf30a743ace33ca&linkCode=ktl)

3 cups Kale

3 cups cut garden greens (rainbow chard, spinach and silverbeet)

1 tsp[curry powder](https://amzn.to/2T5aKg7)

1 tsp Salt

**Utensils and appliances needed.**
2 medium-sized pans. wooden spoon
large bowl.

**Method**

1. Trim and cut the potatoes into 1-inch cubes and soak in cold water.
2. *Temper the spices in a medium pan*: Cut the onion. Pour in the oil, then the curry leaves, garlic, green chillies, onion, cardamom and cinnamon and fry them for 2-3 minutes until the onion turns golden, finally add the mustard seed, stir with the other tempering ingredients and let them pop. Careful not to burn the spices.
3. Add the diced potatoes, beans and curry powder to the above ingredients and cook for another 2 minutes over low-medium heat.
4. Pour in the coconut milk, season with 1 tsp salt and leave it to simmer over medium heat until curry thickens. Beans will need 10 minutes to cook.
5. By this time, the potatoes will be cooked. Run cold water over the potato and peel off the loose skins.
6. Chop the washed Kale into pieces and any other garden greens before adding them to the curry. Cook for 5 mins and then turn off the heat. Allow to sit for 5 mins which will let the curry thicken.