

Fried potatoes with curry

Ingredients required for 2 persons

Preparation time 15 minutes

Difficulty medium

Ingredients

- 500 g potatoes
- 1 EL coconut oil virgin
- 1 EL olive oil
- 2 TL Curry coconut spice oil
- 1 onion, cut in slices or dice
- chopped chives or parsley
- sea salt



Preparation

Wash potatoes and cut lengthwise into 1 to 2 cm thick slices. Heat a large pan and add olive and coconut oil so that the base is covered in oil. Once the oil has heated up, spread out the potato slices in the pan, cover with a lid and fry over moderate heat for 10 minutes. Turn after 5 minutes and cover with the lid again. Add the onions and brown over moderate heat, make sure that the vegetables do not burn.

Add 1 to 2 teaspoons Curry coconut spice oil to the potatoes and stir. Fry for another 3 to 5 minutes without the lid until golden brown. Season with sea salt and scatter over with chopped chives or parsley if desired.