

Kanta's Kurilo Tarkari

A RECIPE BY KANTA GHALE

Kanta is our Operations Manager and leads the team in the PTN office in Pokhara. This is one of her favourite recipes. Kurilo is wild Asparagus that grows in Nepal. It is a rare plant in the UK and therefore we suggest using green beans as an alternative for this recipe.

Ingredients

- Two large handfuls of Kurilo (use Green Beans)
- 1 small red onion - chopped
- 2 medium tomatoes - chopped
- 1 teaspoon - Garlic paste
- 1 teaspoon - Ginger paste
- 1 teaspoon - Fenugreek seeds
- 2 teaspoons - Cumin seeds
- 2 teaspoons - Red chilli powder
- 1 teaspoon - Turmeric powder
- 1 teaspoon - Salt
- 1 tablespoon - vegetable oil

Directions

- Cut beans into 5cm pieces
- Heat oil over medium heat and add onion, garlic, ginger and spices. Cook for 5 minutes
- Add green beans and chopped tomato and cook for further 10 minutes or until the beans are soft.
- Serve with either chapati or rice

To mark 30 years since its first funded school was opened, PTN is running a 12-month campaign in 2021. '30 For 30' aims to raise £50,000 to help 30 schools improve their teaching provision and facilities for pre-primary school children aged 1-5 years old.