

# Beans, Rice And Everything Nice

## Curry Roasted Potatoes



original recipe by [beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)

### Ingredients

- 1 kg (2 lbs) of potatoes
- 2 Tablespoons prepared mustard
- 1 Tablespoon curry powder
- 2 teaspoons sesame seeds (optional)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon maple syrup (optional)
- 1/2 Tablespoon water

1. Preheat the oven to 205C / 400F. Line a baking sheet with parchment paper or a silicone mat. Scrub the potatoes and cut into 1 cm (1/2 inch) cubes. Soak the cubes in cold water to cover for 5 minutes.
2. Drain the potatoes well and return to the soaking bowl. In a small mixing bowl combine the mustard, curry powder, garlic powder, maple syrup, sesame seeds and water. Add the mustard mixture to the potatoes and mix well to coat the potatoes.
3. Spread the coated potatoes out on the prepared baking sheet and bake in the preheated oven for 30-40 minutes, until the potatoes are lightly brown and cooked through.