

Saag Aloo

Spinach with Potatoes



Ingredients

- 1 tbsp mustard oil
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- Pinch asafoetida
- 2 garlic cloves, sliced
- 1 tbsp ginger, thinly sliced
- 2 tomatoes, chopped
- 600g baby spinach, finely sliced
- 4 potatoes, peeled & chopped into 3cm cubes
- 1 tsp salt
- 1 or 2 chillies, finely sliced
- 1 tsp garam masala

Method

- 01** Heat oil in a karahi or wok and add mustard seeds. Just as they pop add the cumin seeds and asafoetida.
- 02** Add the garlic and ginger and fry on a gentle heat. Stir in the tomatoes, salt and chilli.
- 03** Cook down until the tomatoes have turned to a pulp and then add the cubed potatoes. Stir to coat them with the sauce.
- 04** Reduce the heat and place a lid on the pan. Cook for about 10 minutes stirring occasionally. You may need to add a splash of water to stop them from sticking to the pan. Don't be too heavy handed as you don't want to mash the cooked potatoes.
- 05** Once the potatoes are soft add the spinach to the pan and stir.
- 06** Cook for a further few minutes until the spinach has wilted. If there is any liquid in the pan increase heat and dry the dish out.
- 07** Sprinkle over the garam masala and serve.

Served with

An amazing side dish, works really well with a lamb main dish, but also lovely as a dish in its own right.

