

Indian Saag Aloo



Ingredients list

- 2 tbsp sunflower oil
- 1 onion, finely chopped
- 2 garlic cloves, sliced
- 1 tbsp chopped ginger
- 2 large potato, cut into 2cm ($\frac{3}{4}$ in) chunks
- 1 large red chilli (If you don't like spice, bring a red bell pepper)
- $\frac{1}{2}$ tsp black mustard seeds (School to provide)
- $\frac{1}{2}$ tsp cumin seeds (School to provide)
- $\frac{1}{2}$ tsp turmeric (School to provide)
- 250g spinach leaves

Equipment list

- Sharp knife
- Chopping board
- Saucepan with lid
- Plastic spoon
- Peeler



Method

1. Finely chop the onion, garlic and ginger.
2. Using 2 tbsp sunflower oil in a large pan, fry the finely chopped onion, garlic and ginger for about 3 mins.
3. Cut the potatoes into 3cm chunks
(MUST BE SMALL OR THEY WILL STAY HARD).
4. Stir in the potatoes into the garlic, onion mix.



Method

5. Remove the seeds and finely chop the red chilli (or bell pepper) **DO NOT TOUCH YOUR EYES**
6. Add the red chilli, $\frac{1}{2}$ tsp black mustard seeds, $\frac{1}{2}$ tsp cumin seeds, $\frac{1}{2}$ tsp turmeric and $\frac{1}{2}$ tsp salt and continue cooking and stirring for 5 mins more.
7. Add a splash of water, cover with a lid and cook for 8-10 mins. **Start washing everything up now whilst you wait!**
8. Check the potatoes are ready by spearing with the point of a knife, and if they are, add 250g spinach leaves and let it wilt into the pan. Take off the heat and serve.

