

SAAG BHAJI (SPINACH CURRY)

FEEDS: 4-6. SEASON: ALL.

This quick, easy curry can be on the table in 30 minutes. The spinach in this recipe can be substituted with any leafy greens you have – silverbeet, kale, cabbage, even frozen spinach.

INGREDIENTS

- ☐ 3 tbsp sunflower oil
- ☐ 3 garlic cloves, peeled and thinly sliced
- ☐ 2 onions, roughly chopped
- ☐ 2 tsp ground turmeric
- ☐ 2 tsp ground cumin
- ☐ 2 tsp garam masala
- ☐ 8 potatoes, peeled and cubed
- ☐ 1 x 400g tin diced tomatoes (no added salt)
- ☐ $\frac{3}{4}$ cup water
- ☐ 1 large bunch of spinach, thick stems removed, leaves roughly chopped

EQUIPMENT

- ☐ measuring spoons and cup
- ☐ chopping board
- ☐ cook's knife
- ☐ large frying pan
- ☐ wooden spoon

WHAT TO DO

1. Heat the sunflower oil in the frying pan over a medium heat.
2. Add the garlic and cook for 1 minute until it starts to colour.
3. Add the onion and cook for 3–4 minutes, stirring frequently, until soft and golden.
4. Add the spices and stir for 1 minute until fragrant.
5. Add the potato, diced tomatoes and water, and stir to combine.
6. Add the spinach and cook, stirring frequently, for 10–15 minutes or until the potatoes are tender.
7. Season to taste (optional).
8. Serve with rice.

