

SAAG ALOO - spinach and potato curry (makes 6 portions)

6 medium **potatoes** (chopped into bite-size chunks)

2 tsp **cumin seeds**

1 tsp **turmeric**

1 tsp **mustard seeds**

¼ tsp **fenugreek**

1 tsp **smoked paprika**

½ tsp **ground cardamom**

1 tsp **garam masala**

¼ teaspoon **cayenne pepper**

1 large **onion**, finely chopped

5 **garlic cloves**

2-inch piece of **ginger**

1 **chilli**

300 g **brussels sprouts** (halved if large)

1 **green pepper**

1 tbs **tomato puree**

400 g tin of chopped **tomatoes**

400 g tin of **red kidney beans**

500 g **spinach leaves**, washed and chopped

¾ cup of **peas**

cilantro leaves for garnish

Soak **potato** chunks in a bowl of water to remove excess starch.

Fry the **spices** on a low heat for a couple of minutes, adding water if sticking.

Add the **potatoes, sprouts** and **green pepper**. Fry on low heat, stirring all the time, until they start to brown.

Add the **tomatoes, kidney beans, peas** and **puree**, cook for a few minutes.

Then add the chopped **spinach**. Cook until it starts to wilt, stirring continuously. Cover and simmer on low heat for about **10-15 minutes**, until the potatoes are fully cooked. Stir occasionally to prevent sticking. Take lid off and keep cooking until any liquid has evaporated. Allow to cool slightly, then served with **basmati rice**.