

Saag Aloo

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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
1.5 pounds baby spinach, finely sliced
4 potatoes, peeled & chopped into small cubes
1 tsp salt
1 or 2 chilies, finely sliced
1 tsp garam masala

Directions

Heat the oil in a karahi or wok. Add the mustard seeds, and just as they begin to pop, add the cumin seeds and asafoetida.

Add the garlic and ginger and fry for a few minutes on a gentle heat. Then stir in the tomatoes, chilli and salt.

Cook the tomatoes on the same heat until they have turned to a soft pulp. Then add the cubed potatoes and stir them gently to coat them in the sauce. Don't be too heavy-handed as you don't want to mash the cooked potatoes.

Reduce the heat and place a lid on the pan. Cook for about 10 minutes, remembering to stir occasionally. You may need to add a splash of water halfway through to stop the potatoes sticking to the pan.

Once the potatoes have turned soft, add the spinach to the pan and stir gently.

Cook for a further few minutes until the spinach has wilted down. If there is any liquid in the pan at this point, just increase the heat to dry the dish out.

Sprinkle the garam masala over the top before serving.