Recipe of the week – Sag Aloo

 This is a particular favorite, full of flavor, easy to make and vegan, what more can you want!



Recipe - Ingredients

- 3 tbsp. vegetable oil
- 2 tsp cumin seeds
- 5 garlic cloves, sliced
- 2 green chillies, finely chopped (some chillies are hotter than others so think about how hot you want it)
- 115g/4oz onion, finely chopped
- 1 tbsp ground coriander

- 1 tsp ground turmeric
- 400g/14oz frozen chopped spinach (or you can use fresh spinach if you prefer)
- 350g/12oz potatoes, peeled, cut into large cubes and boiled
- 1cm/½in piece fresh root ginger, cut into slivers
- salt

Method: getting prepared

Wash your hands



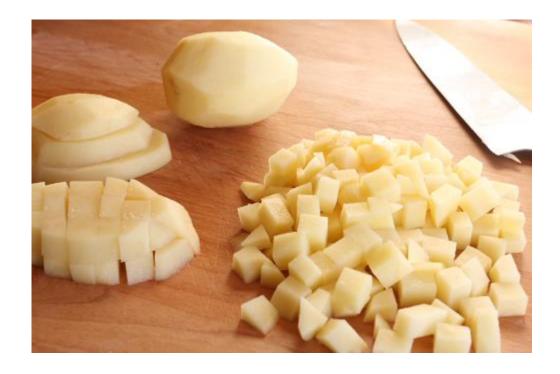
- Get out your equipment:
- Large Sauce pan
- Vegetable peeler
- Small sharp knife
- Wooden spoon
- Chopping board

Method- preparing the vegetables

Peel the potatoes



Chop them into small chunks



Method: preparing the vegetables

Finely dice the onion



• Finely slice the garlic



Method: preparing the vegetables

 Finely chop the chilli, remove the seeds before chopping if you don't want too much heat



Remember it is very important to wash your hands immediately after chopping the chilli!

Finely slice the ginger into thin slithers



Method – Making the Sag Aloo

 Heat the oil in a large saucepan over a medium heat. Add the cumin seeds until they begin to sizzle



 Add the garlic and chillies and fry for a minute, then add the onion and fry on a low heat for 7-8 minutes until the onion is

soft



Method – Making the Sag Aloo

 Add the coriander and turmeric and stir well, Add the spinach, put a lid on the pan and cook over a medium heat for 5 minutes. Season with salt. As the spinach begins to release its moisture, turn the heat to low and cook for a further 5 minutes.



Method – Making the Sag Aloo

- Add the cubed potato and ginger and cook for 10 minutes: the potato will absorb any residual moisture.
- Once cooked serve with Rice, Chapattis or Naan bread



Method – once the Sag Aloo is done.

Do the washing up!



- Finally: please send a picture of your Sag Aloo to
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