

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
- Finely slice the ginger into thin slithers



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



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 gwelsh@brentford.hounslow.sch.uk

