



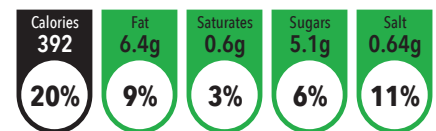
SAAG ALOO

 **Prep: 10 minutes**

 **Cook: 30 minutes**

 **Serves: 4**

Each serving contains



of your guideline daily amount

Ingredients:

- 200g brown basmati rice
- 1 tbsp oil
- 1 onion, sliced
- 1 clove garlic, thinly sliced
- 3cm piece fresh ginger, finely grated
- 700g potatoes, cut into 3cm dice
- 1 small red chilli, deseeded and finely sliced
- 1 tsp black mustard seeds
- 1 tsp ground cumin
- 1 tsp turmeric
- 1 tsp **LoSalt**
- 250g spinach leaves
- ½ x 25g pack coriander, chopped

COOKS TIP:

Make ahead and reheat when required, great to freeze in individual batches, simply defrost and reheat to serve. Great served with a dollop of fat free natural yogurt.

Method:

1. Cook the rice in boiling water for 25 minutes until just tender, drain.
2. Meanwhile, heat the oil in a large frying pan and fry the onion, garlic and ginger for 3 minutes, stir in the potatoes, chilli, spices and **LoSalt** and fry for 5 minutes, stirring occasionally.
3. Add 300ml water, cover and cook for 8-10 minutes until the potatoes are just tender.
4. Meanwhile, place the spinach in a large bowl, cover with clingfilm and microwave on full power for 2 minutes until just wilted. Stir into the potatoes with the coriander.
5. Serve with the rice.