



SAAG ALOO

Heat Rating: Mild

Serves 4 (as a side dish)

Ingredients:

- 1.5 tablespoons of Mama Dor's Saag Aloo spice blend
- 3 large potatoes, peeled and chopped roughly into medium / small chunks
- 1 large onion, peeled and diced
- 250g fresh spinach
- 1 tablespoon extra-virgin olive oil

Method:

Add the potatoes, onions and olive oil into a deep-frying pan and stir well. Cook on a high heat, stirring regularly for five mins. Add the Mama Dor's spice blend and give it a good stir. Cover and turn the heat down. Leave to cook slowly for about 20mins, until the potatoes are mostly cooked through. Do stir occasionally to avoid the potatoes sticking. Stir in the spinach, cover and leave for a further 10mins. Enjoy as a side dish, or as a light lunch with warm chapatis.

Alternative uses:

Substitute the potatoes for sweet potatoes or even butternut squash for a delicious alternative

Mama Dor's Kitchen
www.mamadorskitchen.co.uk
hello@mamadorskitchen.co.uk
07834 117272
fb.me/mamadorskitchen