

Saagwala



Serves 2

Ingredients

- 2 teaspoons oil*
- ½ onion, finely diced*
- 1 clove garlic, crushed*
- 1 teaspoon crushed ginger*
- 1 teaspoon curry powder*
- 1 teaspoon garam masala*
- 1 tomato, diced*
- 300 grams fresh spinach, chopped*
- ½ cup water*
- ¼ cup plain, unsweetened yoghurt*








Method

1. Heat oil in a large saucepan.
2. Add onion and cook over a low heat until soft.
3. Add garlic, ginger, curry powder and garam masala. Stir and cook for 1 minute.
4. Add tomato, spinach and water and cover with a lid. Simmer over a low heat for approximately 15-20 minutes or until spinach is very soft. Remove from heat and stir through yoghurt.
5. Serve or add one of the options listed below, heat through and serve.

Options to add to sauce:

- 100 grams paneer, grilled and diced.
- 1 cup chopped cooked chicken (be sure to cook until the chicken is heated through).

Equipment

-  Cutting board and knife
-  Kitchen scales
-  Large saucepan with lid
-  Measuring cups
-  Measuring spoons
-  Serving spoon
-  Wooden spoon

Preparation and cooking skills

Chop, blend, dice, simmer, stir, use spices to flavour dishes.

Nutrition

- Saagwala curry is an Indian dish made with cream, spinach and spices. This is a healthier version that uses yoghurt in place of cream.

Serving suggestions

- Serve with ½ cup cooked diced potato and/or kūmara.
- Serve with ½ cup cooked rice.

Variation

- For a dairy free option, remove yoghurt and add ½ cup grated cauliflower.