

Spicy Potatoes and Spinach

Serve this as a main course with naan bread or chapatti or as a side dish with your main meal. This easy-to-make dish can be made as hot and spicy as you like. If you don't want the "kick" serve with a dollop of cooling plain yoghurt.



Equipment

Weighing scales
Sharp knife
Vegetable peeler
Chopping board
Garlic crusher
Large saucepan with lid
Wooden spoon
Measuring jug
Measuring spoons
Kettle
Colander

Method

1. If using frozen spinach, defrost thoroughly and drain away any water.
2. Wash and peel the potatoes. Cut into cubes about the size of a dice.
3. Peel and dice the onions into small pieces. Peel and crush the garlic. Peel and finely chop the root ginger. Wash the spinach and tear into pieces (if using fresh).
4. Boil the kettle. Crumble the vegetable stock cube into the measuring jug. Add 300ml boiling water and stir until the stock cube has dissolved.
5. Heat the vegetable oil in the saucepan over a high heat. Add the onion, crushed garlic, ginger and spices. Cook for 2 minutes, stirring regularly.
6. Lower the heat and add the potato cubes to the pan.
7. Carefully pour the stock into the pan, cover with a lid and cook for around 20 minutes or until the potatoes are cooked.
8. Add the spinach and stir carefully. Replace the lid and cook on a low heat for a further 5 minutes or until the spinach has wilted.

Ingredients

Serves 4 as side dish or
2 as main dish

1 onion
1 clove of garlic
2cm root ginger
1 vegetable stock cube
300ml water
2 x 15ml spoons vegetable oil
2 x 5ml spoons ground cumin
4 x 5ml spoons ground coriander
2 x 5ml spoons chilli powder
500g potatoes
500g spinach (fresh or frozen)

Top tips

- Don't over-cook the potatoes. They should be cooked but not mushy. To check if they are cooked, insert a knife into a potato and if it slides in/out easily, then it is ready. Or lift a piece out with a spoon, allow it to cool for a minute and then taste it.
- If you are using frozen spinach ensure it has defrosted thoroughly before using.

Something to try next time

- Add a can of drained chickpeas at the same time as the spinach for a substantial main meal.
- Add a spoonful of low fat natural yoghurt on top of each portion and sprinkle with chopped fresh coriander.

