

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.



Nutritional information per portion (378g):

Energy	Fat	Saturates	Sugars	Salt
773kJ 184kcal 9%	9.1g 13%	1g 5%	2.9g 3%	0.45g 8%

of an adult's reference intake.
Typical values per 100g: energy 204kJ/49kcal.

Equipment

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

Ingredients

**Serves 4 as side dish
or 2 as main dish**

500g spinach
(fresh OR frozen)
500g potatoes
1 medium onion
1 clove garlic
2cm root ginger
300ml boiling 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

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Don't overcook 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.

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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 finely chop the onions. Peel and crush the garlic. Peel and finely chop the root ginger. Wash the spinach and tear into pieces (if using fresh).
4. Measure 300ml of boiling water into the measuring jug.
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 water 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.

Something to try next time

- Add a 400g can of drained chickpeas at the same time as the spinach for a substantial main meal.
- Add 2 x 5ml spoons of low-fat natural yoghurt on top of each portion and sprinkle with chopped fresh coriander.

Prepare now, eat later

- Prepare to the end of step 7 and leave to cool. Chill in the fridge for up to 24 hours, add the spinach and heat gently until the spinach has wilted and the spicy potatoes are piping hot.
- Any freshly cooked leftovers can be chilled for up to 2 days and reheated until bubbling hot. Reheat only once.

Skills used include:

Measuring, peeling, chopping, crushing, boiling/simmering and frying.