

Saag Bhaji

Season: Summer/Autumn

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: garlic, onions, potatoes, spinach, tomatoes,

There are many variations of saag bhaji around the world – some, like this one, include potatoes and tomatoes; others vary the spices and can be quite hot with added chillies or chilli paste. You can use this version as a starting point and add chillies or spices as available and to taste. Try substituting other greens such as young silverbeet leaves for all or part of the spinach.

Equipment:

metric measuring spoons
and cups
clean tea towel
chopping board
cook's knife
small frying pan, for toasting
seeds
mortar and pestle
large frying pan with lid
wooden spoon
serving bowls

Ingredients:

3 tbsp sunflower oil or ghee
3 garlic cloves, thinly sliced
2 onions, roughly chopped
2 tsp powdered turmeric
3 tsp cumin seeds, toasted and ground
2 tsp Garam Masala
8 potatoes, peeled and cubed
4 tomatoes, diced
 $\frac{3}{4}$ cup water
1 large bunch of spinach, thick
stems removed, leaves roughly
chopped
 $\frac{1}{4}$ tsp salt, or to taste



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat the sunflower oil or ghee in the frying pan over a medium heat.
3. Add the garlic and cook for 1 minute until it starts to colour.
4. Add the onion and cook for 3–4 minutes, stirring frequently, until soft and golden.
5. Add the spices and ground seeds and stir for 1 minute until fragrant.
6. Add the potato, tomato and water and stir to combine.
7. Add the spinach and cook, stirring frequently, for 5–10 minutes. The spinach will start to wilt.
8. Cook until the potatoes are soft. You may need to put the lid on the pan for a couple of minutes to help the cooking process.
9. Season with salt and taste to correct the seasoning.
10. Serve in bowls with **Indian Flatbread** and a variety of other curries if available.