



**Product Spotlight:
Cucumber**

The cucumber can certainly help you stay hydrated as 96% consists of water! It does help you to flush out toxins in your body. All that water in the cucumber acts as a virtual broom, sweeping waste products out of your system.



**Saag Aloo
with Mint and Cucumber Raita**

A flavourful and filling curry of baby potatoes and baby spinach, served with refreshing mint and cucumber raita, crunchy pappadums and green chilli!

30 minutes 2 servings Vegetarian

Bulk it up!

To bulk up this dish and get some extra servings, you can serve with basmati rice, pan-fried paneer cheese,

Per serve: **PROTEIN** 11g **TOTAL FAT** 6g **CARBOHYDRATES** 46g

FROM YOUR BOX

BABY POTATOES	400g
RED ONION	1
GINGER	1 piece
GARLIC CLOVES	2
ALOO GOBI	1 packet
TOMATO PASTE	1 sachet
CHOPPED TOMATOES	400g
PAPPADUMS	1 packet
LEBANESE CUCUMBER	1
MINT	1 bunch
GREEK YOGHURT	1 tub
BABY SPINACH	120g
GREEN CHILLI	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, stock cube (of choice), white wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

Boil kettle and cover with hot water to speed up the process.

Cooking the pappadums in the microwave according to packet instructions will be the quickest method and uses less oil.

Aloo gobi spice mix: ground turmeric, curry powder, cumin seeds, black mustard seeds, ground paprika



1. BOIL THE POTATOES

Halve **potatoes**. Place in a saucepan and cover with water (see notes). Cover and bring to a boil. Simmer for 10–15 minutes until tender. Drain **potatoes**.



3. MAKE THE RAITA

Grate or dice **cucumber**. Finely chop **mint leaves**. Add to a bowl along with **yoghurt**, **2 tsp water**, **2 tsp vinegar**, **salt** and **pepper**. Mix to combine.



2. COOK THE SAAG ALOO

Slice **onion**. Peel and grate **ginger**. Crush **garlic**. Add to a frypan over medium-high with **oil** and sauté for 5 minutes. Add **aloo gobi spice mix** and **tomato paste**. Sauté for further 1 minute. Add **tinned tomatoes**, **1 tin water** and **crumbled stock cube**. Simmer, covered, for 10 minutes.



5. ADD THE POTATOES

Add **potatoes** and **spinach** to **saag aloo**. Simmer for 5 mins semi-covered. Season to taste with **salt** and **pepper**.



4. COOK THE PAPPADUMS

Cook the **pappadums** according to preferred method on the packet (see notes).



6. FINISH AND SERVE

Slice **chilli**.

Divide **saag aloo** among shallow bowls. Dollop on **mint** and **cucumber raita** and garnish with **chilli**. Serve with **pappadums**.

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