



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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 4/6 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 | TOTAL FAT | CARBOHYDRATES |
|-------------|---------|-----------|---------------|
| 4/6 Person: | 10g     | 4g        | 41g/44g       |

## FROM YOUR BOX

|                    | 4 PERSON | 6 PERSON  |
|--------------------|----------|-----------|
| BABY POTATOES      | 800g     | 1.2kg     |
| RED ONION          | 1        | 1         |
| GINGER             | 2 pieces | 2 pieces  |
| GARLIC CLOVES      | 3        | 4         |
| ALOO GOBI          | 1 packet | 2 packets |
| TOMATO PASTE       | 1 sachet | 2 sachets |
| CHOPPED TOMATOES   | 400g     | 2 x 400g  |
| PAPPADUMS          | 1 packet | 1 packet  |
| LEBANESE CUCUMBERS | 2        | 3         |
| MINT               | 1 bunch  | 1 bunch   |
| GREEK YOGHURT      | 2 tubs   | 3 tubs    |
| BABY SPINACH       | 1 bag    | 2 bags    |
| GREEN CHILLI       | 1        | 1         |

## FROM YOUR PANTRY

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

## KEY UTENSILS

large frypan, saucepan

## NOTES

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. Cover and bring to a boil. Simmer for 10–15 minutes until tender. Drain **potatoes**.



### 3. MAKE THE RAITA

Grate or dice **cucumbers**. Finely chop **mint leaves**. Add to a bowl along with **yoghurt, 1 tbsp water, 1 tbsp vinegar, salt and pepper**. Mix to combine.



### 2. COOK THE SAAG ALOO

Slice **red 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 1/2 tins 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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