

Aloo Palak (Indian Potatoes & Spinach)

By -Sylvie- on January 19, 2005

★★★★★ 34 Reviews



Prep Time: 10 mins **Total Time:** 30 mins **Servings:** 2

About This Recipe

"I got this from daawat.com, but have adjusted it slightly to my liking. It will serve two as a main course when served with naan bread or rice, or four as a side dish. If you like it a little milder deseed the chilies."



Photo by -Sylvie-

Ingredients

- 300 g spinach, fresh or frozen
- 2 cloves garlic, roughly chopped
- 1 inch fresh ginger, roughly chopped
- 2 onions, chopped
- 1 -2 green chilies, chopped with seeds
- 200 g waxy potatoes, peeled and cubed
- 1 teaspoon turmeric
- 4 tablespoons ghee or 4 tablespoons butter
- 1 teaspoon cumin seeds
- 1 teaspoon garam masala
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1 tablespoon fresh cream (optional)
- salt

Directions

1. In a pan cook the spinach with garlic, ginger, onions and the green chilies for about 5-10 minutes.
2. Remove from the pan and blend to a fine puree and keep aside.
3. In the meantime boil the potatoes with salt and turmeric until done, approximately 10 minutes and set aside when done.
4. Heat ghee in a pan, fry cumin seeds along with spinach-onion paste and simmer for a few minutes.
5. Add the cooked potatoes, garam masala, coriander and cumin powder and a little water if needed.
6. Simmer for few minutes till the potatoes absorb the flavor.
7. Add fresh cream if desired.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (472 g)		Total Fat 26.8g	41%
Servings Per Recipe: 2		Saturated Fat 16.0g	80%
Amount Per Serving	% Daily Value	Cholesterol 65.5mg	21%
Calories 406.5		Sugars 7.3 g	
Calories from Fat 241	59%	Sodium 133.6mg	5%
		Total Carbohydrate 38.8g	12%
		Dietary Fiber 8.0g	32%
		Sugars 7.3 g	29%
		Protein 8.4g	16%