

ALOO PALAK (PAKISTANI SPINACH AND POTATO CURRY)

Ingredients

- 4 tbsp cooking oil
- 1 onion
- 1 tsp garlic paste
- 1 tsp cumin seeds
- 2 tomatoes (Roma recommended)
- 1 tsp salt
- 1 tsp red chili powder
- ¼ tsp turmeric powder
- ½ cup yogurt (Plain full fat recommended)
- ½ cup frozen fenugreek leaves (*substitute with 1 tablespoon dried fenugreek OR 2 cups fresh Fenugreek if needed*)
- 12 oz frozen spinach (Substitute with 1 ½ lb. or 12 cups of fresh spinach if needed)
- 2 medium potatoes – 2 cups chopped (Red potatoes recommended)

Instructions

1. Heat the oil and sauté the onion till it's a light golden brown.
2. Add the garlic paste and sauté for 30-60 seconds.
3. Add in the cumin seeds and sauté for about 1 minute.
4. Add in the tomatoes and cook on high till the tomatoes start to melt.
5. Reduce the flame, cover and cook for 10 minutes.
6. Uncover, turn the flame on high, add in all the powdered spices and sauté the mixture till you have a well-blended paste.
7. Add in the yogurt a few tablespoons at a time and sauté to complete the curry base.
8. Add in the frozen fenugreek leaves and let them soften with the heat.
9. Add in the frozen spinach, stir to mix and coat with the gravy.
10. Cover and cook on low heat for 10 minutes till the spinach is cooked through.
11. Uncover, add in the potatoes along with some water if necessary and cook till tender.
12. Once the potatoes are cooked, uncover, turn the heat to high and let all the water evaporate.
13. Serve hot with fresh Naan.