

# Aloo Gobi Matar Saag

*This is one of my favourite recipes. It's like an allotment in a pan! It may look complicated but it's easy to make and freezes well. Adjust the chilli to taste. It makes a lovely vegetarian meal or a side dish to a main meal.*

## Ingredients:

2 large Potatoes, scrubbed, peeled and cut into ½ inch cubes  
1 medium Cauliflower, cut into medium sized florets  
1 large Onion, finely chopped  
3 oz peas (fresh or frozen)  
12 oz (or a couple of handfuls) spinach leaves  
1 tsp Ginger-Garlic Paste (1/2" shredded ginger, 2 garlic cloves chopped, ½ tsp turmeric powder, 1 tsp oil all ground together)  
2-3 Green Chillies, roughly chopped (Adjust according to taste)  
2-3 tbsp Coriander Leaves, finely chopped  
Freshly squeezed Lime/Lemon Juice to taste  
Salt to taste  
*For Tempering:*  
1½-2 tbsp Oil  
1 tsp Cumin Seeds  
A pinch of Asafoetida (Optional)

*Spices Used:*  
½ tsp Turmeric Powder  
¾ tsp Red Chilli Powder (Adjust according to taste)  
½ tbsp Coriander Powder  
½ tsp Garam Masala  
½ tbsp Dried Fenugreek Leaves (Optional but recommended)

## Method:

Heat oil in a pan and add cumin seeds and asafoetida. When cumin seeds crackle and change colour, about 30 seconds, add finely chopped onions.  
Sauté the onions till they turn translucent and then add ginger-garlic paste, green chillies and crushed fenugreek leaves. Give it a good stir till the raw smell of ginger-garlic paste disappears, about 1 minute.  
Next add all the spice powders and give it a good stir for 30 seconds.  
Mix in cubed potatoes and give them a good stir for 3-4 minutes.  
Add cauliflower florets, peas and salt to taste and stir them for 2-3 minutes, making sure every individual cauliflower floret is coated with spice mix. Add the spinach and stir. Add ½ pint of water at this point if the mixture is too dry.  
Cover with a lid and let it cook for 20 minutes, stirring in between to make sure that vegetables don't stick the bottom of the pan. By now the vegetables should be cooked through but still retain their shape. If not, cover and cook for another 5-10 minutes.  
Switch off the heat and add freshly squeezed lemon/lime juice to taste. Garnish with finely chopped coriander leaves and mix them well before serving with Naan bread or rice.