

Spinach and Potato Curry

Makes: 6 at home or 15 tastes for classroom



Equipment

knife
chopping board
peeler
measuring jug
1 large pots
large bowls
wooden spoon
small frypan
mortar and pestle
mixing bowls

Ingredients

4 tablespoons olive oil
2 onions or 3-4 spring onions
2 garlic cloves
6 spinach leaves
8 medium potatoes (about 1.4kg)
800ml water plus 4 teaspoons stock powder
5 tablespoons tomato paste
1 teaspoon cumin seeds
1 teaspoon coriander seeds
1 x 400g tin brown lentils, drained
1 teaspoon salt & 1 teaspoon brown sugar

What to do:

1. Toast cumin and coriander seeds in small pan until fragrant. Tip seeds into mortar and pestle. Crush seeds to a fine powder.
2. Top and tail onion, remove skin, chop finely. Put in a small bowl. Peel garlic and crush.
3. Heat oil in large saucepan, add chopped onion. Sauté onion gently with lid on until soft. Add garlic and ground spices cook gently, stirring with wooden spoon.
4. Pour 500ml water into pot and add diced potato, 5 tablespoons tomato paste and 2 teaspoons stock powder. Stir to mix and make sure just enough water to cover. Bring to boil. Reduce heat to simmer and put lid on pot.
5. Wash spinach. Remove stems from leaves. And put in chook bucket.
6. **Thin curry with a little water if too thick. There should be enough liquid to make a sauce. Cook until potatoes are soft.**
7. Add drained lentils. Roll spinach leaves into a cigar shape. Cut into pieces. Add leaves to pot and cook til wilted. Add salt and a little brown sugar to taste if necessary. All team to taste and adjust flavours to their liking.
8. **Prepare potatoes for next class. Wash and dice into small cubes. Soak in bowl of water and put in fridge.**

To Serve: One bowl for each table and garnish with fresh coriander leaves if available.