Dinner, Indian

Bengali Spinach with Mustard and Garlic

A quick Bengali style spinach dish where palak is cooked down in pungent mustard oil with garlic, ginger, green chilli and onions, then seasoned with turmeric, cumin and salt. It moves from pan to plate in under half an hour.



Dairy free

26 min	87	7.5 g	2.5 g
time	calories	carbs	sugars

Ingredients, 3 servings

- [ ] 8 cups roughly chopped spinach (palak)
- [ ] 2 tsp mustard (rai / sarson) oil
- [ ] 1/2 tsp green chilli paste
- [ ] 2 tsp roughly chopped garlic (lehsun)
- [ ] 1 tsp ginger (adrak) paste
- [ ] 1 cup sliced onions
- [ ] 1/2 tsp haldi powder (turmeric powder)
- [ ] 1 tsp cumin seeds (jeera) powder
- [ ] salt (namak) to taste

Method

- [ ] **1** Set a deep non-stick pan over the heat and pour in 2 tsp of mustard (rai / sarson) oil.
- [ ] **2** Once the oil is hot, tip in 1/2 tsp of green chilli paste along with 2 tsp of roughly chopped garlic (lehsun), 1 tsp of ginger (adrak) paste and 1 cup of sliced onions, then keep the pan moving over a medium flame for 3 to 4 minutes.
- [ ] **3** Work 8 cups of roughly chopped spinach (palak) into the pan, stirring so it mixes evenly, and give it 2 minutes over a medium flame.
- [ ] **4** Scatter in the haldi powder (turmeric powder), the cumin seeds (jeera) powder and salt (namak) to taste, stir to combine, then fit a lid on the pan and let everything cook over a medium flame for 4 to 5 minutes, lifting the lid to stir from time to time.
- [ ] **5** Spoon into bowls and serve hot.

Nutrition Facts

Per serving

Calories	**87**
Total fat	4.6 g
Saturated fat	Not listed
Sodium	108 mg
Total carbs	7.5 g
Fiber	4.7 g
Total sugars	2.5 g
Protein	3.9 g

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