

SWEET POTATO SAAG ALOO

Serves 4 | 200 calories per serving | Prep: 15 minutes | Cooking time: 25 minutes

1 tbsp vegetable oil
1 onion, thinly sliced
2 garlic cloves,
finely chopped
20g fresh root ginger,
grated
1 tbsp spice mix
(see below) or mild
curry powder
2 sweet potatoes, diced
1 tomato, diced
300ml vegetable stock
150–200g bag of baby
spinach, picked over and
thoroughly washed
squeeze of lemon juice
sea salt and black pepper
Spice mix
1 tsp coriander seeds
1 tsp cumin seeds
1 tsp fennel seeds
½ tsp ground turmeric
To serve
a few green chillies, sliced
a few sprigs of coriander

Saag aloo is usually made with regular potatoes but we like our sweet potato version. The great thing about these little beauties is they are richer in nutrients – particularly vitamin C – than white potatoes and lower in starch. They count towards your five a day too, while regular potatoes don't. We like to make our own spice mix for this but if you prefer you can use curry powder.

If making the spice mix, toast the whole spices lightly in a frying pan, then grind them to a powder. Mix with the turmeric. Heat the oil in a large flameproof casserole dish or a deep frying pan. Add the onion and cook it quite briskly until it's softened and very lightly browned. Add the garlic, ginger and the spice mix or curry powder and stir until combined.

Add the sweet potatoes to the pan and stir to coat them with the garlic, ginger and spices, then add the tomato and the vegetable stock. Season with salt and pepper. Bring the stock to the boil, then turn down the heat, cover the pan and simmer very gently until the sweet potato is just cooked. This should take no longer than 10 minutes, but check regularly from 5 minutes as you don't want the sweet potato to go mushy – it should still have a little bite to it. Loosen the sauce with a little more stock or water if necessary.

Add the spinach to the pan and cover the pan again until the spinach has wilted down. Stir very carefully to combine without breaking up the sweet potatoes. Add a squeeze of lemon juice and serve garnished with green chillies and fresh coriander.