

# Saag Aloo

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/sag-aloo-indian-recipe-jamie-oliver>

## Ingredients:

- 1 1/3 pounds potatoes peeled and chopped into bite size pieces, waxy or floury potatoes are fine – I use Rooster potatoes
- 3 tablespoons ghee or sunflower oil
- 2 teaspoons cumin seeds
- 1 teaspoon mustard seeds
- 1 large red onion peeled and diced
- 2 cloves garlic minced
- 1 red chilli finely chopped, use a milder chilli such as serrano or fresno if you don't like it too hot, or use a hotter chilli such a...
- 1 teaspoon turmeric
- 1 teaspoon Garam Masala
- 1/8 teaspoon fenugreek ground
- 1 tablespoon tomato puree
- 1/4 teaspoon salt
- 1/2 cup chicken stock
- 5 cups baby spinach 4 packed cups

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 31 grams
3. Fat: 8 grams
4. Fiber: 5 grams
5. Protein: 6 grams
6. Sodium: 250 milligrams
7. Sugar: 4 grams

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