



ALOO PALAK



PREP TIME: 10 mins
COOKING TIME: 40 mins

INGREDIENTS:

- 2000g Aviko Herb Diced Potatoes
- 10 bunches of spinach
- 8 onions, finely chopped
- 10 tomatoes, chopped
- 150g garlic and ginger paste
- 10 green chillis
- 10 cloves
- 4 inches of cinnamon
- 4 bay leaves
- 2 tsp turmeric powder
- 20 tsp garam masala powder
- 20 tsp cornflour
- 10 cups of water
- 10 tbsp oil
- Salt, as required

METHOD:

1. Blanch the spinach quickly in boiling water and refresh.
2. Squeeze all the water out of the spinach and add to a blender along with the chillis, until smooth.
3. Heat the oil in a pan and fry the bay leaves, cloves and cinnamon till they become aromatic.
4. Add the chopped onion and fry till light brown.
5. Add the ginger and garlic paste and fry till the raw aroma goes away.
6. Add the tomatoes and fry till the tomatoes become soft and mushy.
7. Add the turmeric powder and stir for 5-10 seconds.
8. Add the spinach mixture and stir well.
9. Add the cornflour and stir well until there are no lumps.
10. Add the water and season with salt.
11. Simmer the spinach gravy till it is completely cooked and slightly thickened.
12. Add the Aviko Herb Diced Potatoes and simmer for 2-3 minutes more.
13. Sprinkle with the garam masala powder and stir. Cook this for a minute or two.



**TO KEEP THIS DISH GLUTEN-FREE,
SERVE WITH DOSA, POPPADOM,
RICE OR GLUTEN-FREE NAAN BREAD!**

Serves 10

Aviko's

GLUTEN-FREE HEROES!



Did you know **59%** of people would like to see more gluten-free options on menus when eating out!

INTRODUCING... our exciting Gluten-Free Heroes range! Delicious and gluten-free, these almighty heroes are perfect for your coeliac and gluten-free customers.

To help free your menu from gluten, we've developed six inspirational recipes to make catering for your gluten-free customers as easy as possible.


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FEATURING...

Aviko's Herb Diced Potatoes!



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Toluna Research February 2015, 300 Sample Size