

Spinach curry with cauli pilau & quick lime pickle

SERVES - 4

NUTRITION PER SERVING

Fat: 20 g

Carbs: 34 g / Fiber: 15 g (Net Carbs: 19 g)

Protein: 11 g

When I worked near Exmouth Market in London I would often get a delicious spinach and agushi curry for lunch from a Ghanaian street food vendor, served with jollof rice and plantains. I thought I would like to use that dish as inspiration, but when I started making it, it developed into more of an Indian dish.

Served with a cauliflower pilau and a cheaters quick lime pickle using preserved lemons (inspired by a Jamie Oliver recipe).

INGREDIENTS

- 650 g frozen spinach or 500 g fresh spinach
- 1 onion
- 1 T coconut oil
- 1 T grated garlic
- 1 T fresh grated ginger
- 2 t smoked paprika
- 1/2 hot smoked paprika
- 2 t mild curry powder
- 2 t garam masala
- 50 g pumpkin seeds
- 400 ml chopped tomatoes
- 200 ml coconut milk or cream

- 500g cauliflower
- 1 t cinnamon
- 1 t turmeric
- 6 cardamon pods
- 800 ml boiled water
- knob of butter

- 2 limes
- 100 g preserved lemon
- 2 t tandoori masala powder
- 2 T tomato puree
- 1 T fresh grated ginger
- 20 g fresh coriander leaves

METHOD

1. Dice onion and fry in coconut oil in a large pot on low till slightly caramelised.
2. Grate and add garlic, fresh ginger, spices and cook for a few minutes.
3. Add the defrosted and drained or fresh spinach and cook for 10 mins.
4. Add chopped tomatoes and coconut milk.
5. Blend pumpkin seeds, add to the pot and simmer on low for 20-30 mins.
6. Blend the cauliflower till it resembles rice.
7. Add to a saucepan with cinnamon, turmeric, cardamon pods and boiled water to cover.
8. Simmer for 15-20 mins.
9. Grate and squeeze the limes.
10. Chop the preserved lemon, remove any pips and mix with the lime zest and juice.
11. Grate and add ginger, spices, tomato puree and chopped coriander and mix well.
12. Drain cauliflower and serve with spinach curry and quick lime pickle.