

Spiced Mustard Greens Recipe

Ingredients: Serves 4

450g fresh mustard or spring greens, finely chopped
125g fresh spinach leaves, finely chopped
4 tablespoons sunflower or vegetable oil
1 large onion, finely chopped
2 teaspoons ginger paste
2 teaspoons garlic paste
1 green chili, seeded and chopped
250g fresh tomatoes, skinned and chopped
1 teaspoon chili powder
1 teaspoon salt
25g chilled butter, cut into small cubes

Method:

In a heavy-based saucepan, bring 300ml water to the boil and add the greens and spinach. Cover and cook over a low heat for 25-30 minutes. Cool slightly and puree the leaves along with the cooking liquid. Heat 3 tablespoons oil in a large saucepan or wok over a medium heat and fry the onion, ginger, garlic and fresh chili for 7-8 minutes or until the onion is browned. Add the tomatoes and half the chili powder and continue to cook for a further 3-4 minutes. Add the pureed greens and salt. Cook for 10-12 minutes, or until all the moisture evaporates and the greens have a solid appearance. Remove from the heat and transfer to a serving dish. In a small pan or a ladle, heat the remaining oil over a medium heat and add the remaining chili powder. Switch off the heat source and let the oil sizzle for 15-20 seconds, then pour the chili oil over the greens. Top the greens with the cubes of butter and serve.

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