

Indian Saag

Oscar · 29/09/2024

**Prep Time**

50 mins

Difficult

Medium

Servings

6

Description

Indian saag is a curry of cooked mustard or similar bitter greens kale collards turnip greens and spinach or similar mild greens chard bok choy beet greens Any combination of greens works Use more spices and peppers for hot saag or less for mild

Ingredients

- - ½ cup butter - 2 tablespoons ground turmeric - 2 teaspoons cumin seed - 1 green chile pepper
- seeded and diced - 2 cloves garlic
- chopped - 1 pound chopped fresh mustard greens - 1 pound chopped fresh spinach - 1 teaspoon ground cumin - 1 teaspoon ground coriander - 1 teaspoon salt

Instructions

1. Melt butter in a large skillet or wok over medium-high heat; cook and stir turmeric
2. cumin seed
3. chile pepper
4. and garlic until fragrant
5. about 2 minutes. Dotdash Meredith Food Studios Stir in chopped mustard greens and spinach a little at a time
6. adding the tougher stems and thicker leaves first. Cook and stir until greens are thoroughly wilted. Dotdash Meredith Food Studios Stir in ground cumin
7. coriander
8. and salt. Cover
9. reduce heat
10. and simmer until greens are tender
11. about 10 minutes; add water as needed to keep greens moist. Dotdash Meredith Food Studios