gitamistry

Spilt mustard seed and fenugreek spinach

(Serves 2)

Ingredients

2 tbsp olive oil
400g spinach
1 tsp split mustard seeds
¼ tsp fenugreek seeds
Pinch of salt
½ tsp pomegranate powder
½ tsp paprika

Method

Heat the oil in a deep frying pan till hot, add the fenugreek seeds and split musrad seeds and fry in the oil for a few seconds. Turn the heat down to medium, place in the spinach, add the salt, paprika and pomegranate powder, and give the spinach a stir for 1-2 mins until wilted down. It's now ready to serve.

Serve with the garlic and tamarind fish.