# Spinach Curry

## Ingredients from garden:
- Spinach – 2 bunches
- Onion – 1

## Other ingredients:
- Milk – 1/3 cup
- Can tomatoes
- Ginger paste – 1 tbsp
- Garlic – 2 cloves
- Ground paprika – 1 ½ tsp
- Olive oil – 2 tbsp
- Turmeric – a pinch
- Salt – 1 tsp

## Equipment needed:
- Sharp knife
- Chopping board
- Measuring spoons – tbsp., tsp
- Measuring cup – 1/3
- Frying pan
- Stick blender
- Saucepan (pot)
- Sieve
- Plastic bowl

## Method:

1. Crush, peel and finely chop the garlic.
2. Wash spinach, cut into 4. Put into the pot.
4. Drain the water through the sieve.
5. Measure out the milk.
6. Put the spinach into the plastic bowl. Use the stick blender to puree the spinach, adding the milk slowly. Leave aside for later.
7. Cut off the ends of the onion. Peel the brown skin off. Put in the compost. Finely chop the white part.
8. Heat the oil in the frying pan on a medium heat. Sauté the onions until golden.
9. Add ginger paste and garlic and fry for 2 minutes.
10. Add the chopped tomatoes turmeric, salt and paprika. Fry and mix for 2 minutes.
11. Add the spinach puree and cook for 2 minutes.
12. Serve with rice, Indian bread or regular bread.

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Focus keeper: _______________________________
Quiet Captain: _______________________________

Material Monitor: ___________________________ Gate keeper: _____________________________