

*Improving early years education in Nepal schools*

**MAIN / SIDE**

**DAL**

**PREP**  
**10**  
mins

**COOK**  
**20**  
mins

**SERVES**  
**4**

**INGREDIENTS:**

- Split red lentils (masoor dal) soaked for ½ hour and drained 2 and 1/4 cups
- Salt to taste
- Turmeric powder 1/4 teaspoon
- Mustard oil 2 tablespoons
- Garlic chopped 1 teaspoon
- Ginger chopped 1/2 teaspoon
- Onion chopped 2 tablespoons
- Tomato chopped 2 tablespoons
- Green chillies slit 2-3
- Fried Kashmiri dried red chilli 1 to garnish
- Steamed rice to serve



**METHOD:**

- 1 Take split red lentils in a pressure cooker, add salt, ½ tsp turmeric powder and 3½ cups water and cook under pressure till 3 whistles are given out.
- 2 Heat mustard oil in a deep non-stick pan, add garlic and sauté till it turns a light brown. Add ginger, onion, tomato and green chillies, mix and sauté till tomatoes turn pulpy. Add boiled lentils and mix well. Simmer for 5 minutes on low heat.
- 3 Transfer the dal into a serving bowl, garnish with the fried Kashmiri red chilli and serve hot with steamed rice.

**30 For 30**

To mark 30 years since its first funded school was opened, PTN is running a 12-month campaign in 2021. '30 For 30' aims to raise £50,000 to help 30 schools improve their teaching provision and facilities for pre-primary school children aged 1-5 years old.

Find out more at [www.pahar-trust.org/30for30](http://www.pahar-trust.org/30for30)



**KURRIES**  
AND  
**STEAKS**

Recipes created especially for Nepali Night In by Shri Naik, chef and founder of Kurries and Steaks restaurant, Isle of Man.

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**MAIN / SIDE**

## SAAG ALOO

**PREP**  
**20**  
mins

**COOK**  
**35**  
mins

**SERVES**  
**4**

### INGREDIENTS:

- Mustard oil 3 tablespoon
- Fresh spinach chopped 3 cup
- Butter 1/4 cup
- Ginger chopped 1 teaspoon
- Garlic chopped 1 teaspoon
- Medium onions chopped 2
- Green chillies roughly chopped 1-2
- Salt to taste
- Cornflour 3/4 tablespoon
- Ginger to garnish
- Diced sautéed baby potatoes 1 cup



### METHOD:

- 1 Heat butter in non-stick pan, add ginger and garlic, mix and sauté till fragrant.
- 2 Add onions, mix and sauté till translucent. Add green chillies, mix and sauté for 1-2 minutes.
- 3 Add spinach mix well and cook till the leaves wilt.
- 4 Add salt, mix and cook for 5-6 minutes. Add 1 cup water, mix, cover and cook for 2-3 minutes.
- 5 Blend the leaves with an electric hand blender to a smooth paste. Add  $\frac{3}{4}$  cup water and mix well. Add cornflour, mix and cook till the mixture thickens. Add diced sautéed baby potatoes.
- 6 Transfer the saag aloo into a serving bowl, garnish with a blob of butter and serve hot with naan bread.

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