

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



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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