

palak raita

Equipment:

bowl, knife, choppingboard, measuring cups, scales & spoons, salad spinner, vegie steamer, saucepan, frying pan, mortar & pestle, whisk

Ingredients:

3 large spinach leaves & stalks
150gms greek yoghurt
1 TBLSPN milk
pinch of salt
1 heaped tspn cumin seeds
7 spearmint leaves

method:

Wash the spinach and mint thoroughly.

Spin dry, then chop MINT very finely.

Place a steamer over a pot, and put 3cms of water in the bottom. Lay the spinach in the steamer, cover, and turn heat on to boil, then simmer. Cook until wilted (a few minutes). Turn heat off. GET AN ADULT to take the cover off the steamer, and put steamer on the bench so the spinach dries a little.

Remove spinach and chop VERY finely.

Roast the cumin seeds in the frying pan over a medium heat until fragrant; remove and pound.

Weigh the yoghurt straight into a mixing bowl (adjust scales!). Whisk in the milk. Add the pounded cumin and salt. Mix well. Stir through the spinach and mint.

Spoon into serving bowls and sprinkle with a little roasted cumin.