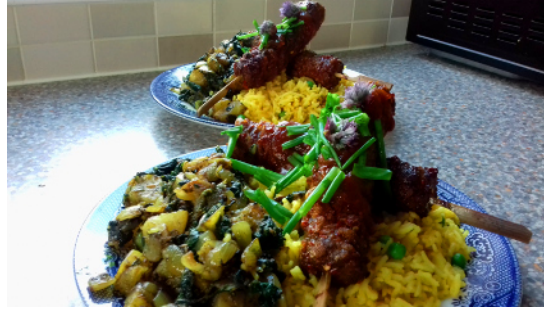




The Chilli and Onion Beef kebabs were hiding the my favourite discount fridge at £0.75 for 4. We very rarely buy pre-made items so you could say they were a bit of a treat. Actually they were very tasty but what to have with them? They reminded me of the Lamb Koftas I used to hand press at this time of year in the butchers, so we decided to go Indian. So a few spices, a couple of Potatoes and some Spinach and a Sag Aloo made a perfect side.

Ingredients:-

Potatoes cut into cubes and boiled to soften slightly

1 Onion sliced

2 cloves of Garlic grated

2 handfuls of fresh Spinach (Or 4 balls of frozen)

1 tsp Ground Ginger

1 tsp Cumin Seeds

1 tsp Turmeric

1 tsp Garam Masala

Oil & Margarine

Method:-

(1) Fry the Cumin seeds in a little Oil & Margarine until they start to brown.

(2) Add the Onion and fry until they begin to brown slightly.

(3) Add the Potato, Garlic, Turmeric, Ginger and Garam Masala and fry until the Potatoes begin to soften.

(4) Add the Spinach and stir gently until it wilts.

(5) Season with Salt if required.

We add a little of Turmeric to our rice to give a bit of colour and on this occasion popped a handful of Peas in a the end. The kebabs were garnished with a bit of home made Chilli and Lime sauce with fresh Chives sprinkled over the top.