

INDIAN SPINACH CURRY WITH FETA



2 persons / 588 kcal per person

Ingredients:

- 120 grams basmati rice
- 1 red onion
- 2 cloves of garlic
- 3 cm ginger
- 1 tablespoon garam masala
- 2 tomatoes
- 200 grams of spinach à la crème
- 200 grams green beans
- 1 red bell pepper
- ½ lime
- 125 grams of feta
- 1 tablespoon of olive oil
- pepper and salt
- fried onions

Preparation:

Cook the rice as described on the package. Bring water to the boil in another pan and pre-boil the green beans (ends removed) for 4 minutes and drain. Peel and chop the onion and garlic. Peel the ginger and chop finely. Cut the

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tomatoes into large pieces and puree them with a hand blender. Cut the bell pepper into thin strips (about as thick as the green beans). Heat $\frac{1}{2}$ tablespoon of oil in a pan and fry the onion and ginger for 2 minutes on medium temperature. Add the garlic and cook for 1 minute more. Then add the garam masala and fry for another 1 minute. Add the pureed tomatoes along with the spinach to the pan of herbs and wait until all the spinach has melted. Then let it simmer gently while you prepare the beans and peppers. Heat $\frac{1}{2}$ tablespoon of oil in a wok or frying pan over high heat and add the green beans and fry for 5 minutes. Add the bell pepper and cook for another 2 to 3 minutes. Season to taste with a little salt and/or pepper. Turn off the heat, grate the lime over the vegetables and squeeze the juice over it. Cut the feta into cubes and stir through the spinach curry. Simmer gently for one minute, until the feta is warm. Scoop up the rice and divide the spinach curry over it. Place the vegetables next to the rice and sprinkle - to taste - fried onions over the vegetables.

Nutritional value per person:

Energy:	588 kcal
Protein:	21.8 grams
Carbohydrates:	63.8 grams
- including sugars:	10.6 grams
Fat:	24.8 grams
Fiber:	10.5 grams
Salt:	3.2 grams