INDIAN · LUNCH · DINNER

Saag Meat (Punjabi Spinach and Mutton Curry)

साग मीट

80 min · Serves 4 · 565 kcal a serve · Video 12:48 in Hindi · Chef Ranveer Brar

Gluten-free ingredients · No nuts listed

About 45 g protein and 8 g fibre a serve from goat and a big pot of spinach; very rich in vitamins K and A and folate, with no flour or cream.

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Ingredients 28 · SERVES 4

- [ ] 2¼ lb **mutton** (goat), with bones
- [ ] 4 medium **onions**, sliced, for the marinade
- [ ] ¼ cup fresh fenugreek (methi) leaves, plus a few more
- [ ] ¾ cup **curd** (plain yoghurt), beaten
- [ ] ½ tsp **turmeric powder**
- [ ] ½ tsp **Degi red chilli powder**
- [ ] ½ tsp **ground coriander**
- [ ] ½ tbsp **ginger-garlic paste**
- [ ] **salt** to taste
- [ ] 3–4 tbsp **oil**, for the mutton
- [ ] 3 **bay leaves**
- [ ] 2 black cardamoms and 2 **cloves**
- [ ] ¼ tsp **cumin seeds**
- [ ] a little **water**, for the pressure cooker (about 1 cup)
- [ ] 1 tbsp **oil**, for the saag
- [ ] 1 tbsp **ghee**
- [ ] 1 inch **ginger**, peeled and chopped
- [ ] 4–5 **garlic** cloves, chopped
- [ ] 2 medium **onions**, chopped
- [ ] 2–3 **mild green chillies**
- [ ] 2 **dried red chillies**
- [ ] 2–3 medium bunches **fresh spinach**, chopped (about 1½ lb)
- [ ] ¼ cup amaranth (bathua) leaves (optional)
- [ ] a little **water**, for the spinach
- [ ] 1 tbsp **butter**, cubed
- [ ] ½ tbsp unsalted (white) butter, to finish (optional)
- [ ] ½ tsp **mustard oil**, to finish
- [ ] **coriander** sprigs, to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk, Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Mix the mutton with the sliced onions, fenugreek leaves, curd, salt, turmeric, chilli powder, coriander and ginger-garlic paste. 1:20
2. Heat the oil in a pressure cooker and let the bay leaves, black cardamoms, cloves and cumin splutter. 2:05
3. Add the marinated mutton and cook it uncovered, stirring, for 6–7 minutes, until the oil starts to float; add a few more fenugreek leaves. 2:37
4. Add a little water, close the cooker and cook for about 5 whistles, until the mutton is about 80% tender. 4:48
5. In a wide pan, heat the oil and ghee and fry the ginger, garlic, onions and whole green chillies, then the dried red chillies — just lightly toasted, not brown. 5:47
6. Add the spinach, amaranth, salt and a little water and cook on low for about 20 minutes until soft enough to mash. Stir in the butter and cover for 3–4 minutes. 7:44
7. Add the mutton with its juices, cover and simmer 5 minutes, mashing the spinach as it cooks. Finish with the white butter and raw mustard oil. 9:16
8. Garnish with coriander and serve hot. 11:36

> **Tip** Serves 4 (the cook says 2–4). Mutton in India means goat; lamb works too, with a shorter cooking time. Ranveer serves it with roti; it is very low in carbs on its own.

The method is a summary in our words, in English — the video (in Hindi) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
565 kcal 2,360 kJ	**45 g** 90% of a day	**33 g** 24 g net · 13 g sugars 12% of a day
FIBRE	**FAT**	**SODIUM**
8.3 g 30% of a day	**30 g** 8.3 g saturated 38% of a day	**660 mg** 29% of a day

Energy from net carbs 18% · protein 33% · fat 49% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 685% · Omega-3 107% · Vitamin A 96% · Folate 94% · Zinc 79% · Vitamin C 78% · Vitamin B12 72% · Iron 59% · Vitamin E 47% · Vitamin B6 42% · Potassium 41% · Magnesium 40% · Selenium 37% · Calcium 24%

Recipe and video: Chef Ranveer Brar (@RanveerBrar) on YouTube — youtube.com/watch?v=O5I5gQp6q6M, published 16 December 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/saag-meat-punjabi-spinach-mutton-curry