

Instant Pot Nettle Saag

Up to 2 gallons nettle tops (or 1-2 bunches mustard greens plus 1-2 bunches spinach)

2 onions

4+ garlic cloves

1 inch ginger

cumin

coriander

black pepper

salt

tumeric

chilli (fresh or dried)

garam masala (or garam masala spices)

2T+ butter

¼ cup corn flour or masa

Wash and, if needed, chop nettles. Chop onions, slice garlic, chop ginger, grind spices

Turn pot to saute, melt 2 T butter, add onions, garlic, ginger, spices

Saute briefly, add nettles, stir to wilt, pat down to less than 2/3 full

Cancel saute.

Seal pot and set for 15 minutes pressure cook high pressure, if time allows let depressurize by cooling, otherwise very carefully release steam.

Mash and stir with a potato masher. Sprinkle corn flour or masa on mashed greens. Stir and cook until slightly thickened. Adjust seasoning, add cooked chicken or paneer (or feta) if desired, serve with a pat of butter on top and hot flat bread.

<http://www.kwiaht.org/FoodSecurity.htm>