Palak Paneer

Ingredients

- 1 Kg Spinach
- 1 tablespoon Sunflower Oil
- 2 Onions
- 10 g Root ginger, peeled and grated
- 1 Clove Garlic
- 1 teaspoon Cumin Seed
- 1 sachet Maggi Masala e Magic
- 4 tablespoons Carnation Evaporated Milk or single cream
- 200 g Paneer
- 40 g Butter
- 1 hot red chilli
- 1 teaspoon chat masala spice
- 0.5 teaspoon Coriander seed
- 0.25 bunch fresh coriander leaves, finely chopped

Instructions

1. Wash the spinach and tip into a large pan, over a gentle heat with the lid on gently wilt the spinach. Remove from the heat and drain the excess water. Tip the spinach into a blender and process until finely chopped.

2. Heat half the oil in a frying pan and fry onion till its translucent. Add the ginger and garlic and fry until turning golden. Add the cumin seeds and fry until aromatic, then add the Masala ae Magic. Fry for 30 seconds before adding the spinach. Stir well and then add most of the evaporated milk or cream. Bring gently to a simmer for 2 mins.

3. In a separate pan heat the remaining oil and fry the paneer cubes until golden brown. Put the spinach into a serving dish and top with the paneer cubes.

4. For the tarka, melt the butter, add whole red chilli, chat masala, coriander seeds and let it cook in the butter over a low heat for a minute.

5. To serve drizzle the remaining evaporated milk or cream over the spinach and top with a little of the tarka and a few coriander leaves.

21 Minutes

4

Nutrition

Carbohydrate	19.62 g
Energy	341.56 kcal
Fat	23.12 g
Fibre	7.25 g
Protein	17.74 g
of which: saturates	11.96 g
Sodium	642.2 mg
of which: sugars	6.84 g