

palak paneer



ground turmeric

preparation time: 10 minutes
cooking time: 25 minutes
chilli rating: medium

difficulty level: easy
serves: 8-10 as part of an Indian meal

spinach purée

½ tsp ground turmeric
2 bunches spinach, trimmed and rinsed
3 tbs vegetable oil
4 tsp cumin seeds
3 cloves garlic, chopped

fresh tomato sauce

3 tbs vegetable oil
3 brown onions, chopped
½ tsp salt
2 tbs coriander seeds
1½ tbs fresh ginger, grated
2 green chillies, chopped
2 tsp chilli powder
1 tsp ground turmeric
3 tomatoes, unpeeled
1 recipe paneer (see Ajoy's tips)
1 tsp dried fenugreek leaves, to serve

method

spinach purée To make the spinach purée, bring a pan of water to the boil and add the turmeric. Place spinach in the pan and turn often, until wilted. Then plunge spinach into ice-cold water. Drain excess water from spinach and purée spinach in a blender. Set aside.

In a karhai or wok, heat oil over medium heat. Add cumin seeds and cook until fragrant. Then add garlic and cook until caramelised. Add puréed spinach to garlic mixture and cook until spinach is glossy and coated with the garlic mixture. Set aside to go with the tomato sauce (see below).

fresh tomato sauce In another karhai or wok, heat oil over medium heat, add onions and salt and cook, uncovered, stirring often, until onions are translucent. Add the coriander, ginger, chillies, chilli powder and turmeric and cook, stirring, until fragrant. Add the tomatoes and cook, stirring often, until tomatoes are soft. Add puréed spinach and mix well. Add the cubed paneer and stir gently to coat the paneer with the mixtures. Cook over medium-low heat until paneer is warmed through. Top with the fenugreek leaves, to serve.

This dish is superb with dal makhani and khameeri naan.

Ajoy's tips To make the paneer for this recipe, click [paneer recipe](#). To read more about making palak paneer, click [Ajoy's Blog](#).

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