

Indian Palak Paneer Recipe

Palak Paneer is a nutritious and wholesome dish as spinach is packed with vitamins, minerals, and antioxidants, while paneer provides a good source of protein and calcium. The dish is often enjoyed with Indian bread such as naan or roti, or with steamed rice.

Ingredients:

- 2 cups fresh spinach leaves, washed and roughly chopped
- 200 grams paneer (cottage cheese), cut into cubes
- 2 tablespoons ghee or vegetable oil
- 1 medium-sized onion, finely chopped
- 2 tomatoes, finely chopped
- 2 green chilies, slit lengthwise
- 1 teaspoon ginger paste
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon turmeric powder
- 1 teaspoon coriander powder
- 1/2 teaspoon garam masala powder
- Salt to taste
- 1/4 cup heavy cream (optional, for a richer taste)
- Fresh coriander leaves, for garnishing

Cooking Instructions:

- Heat ghee or vegetable oil in a large pan or skillet over medium heat.
- Add cumin seeds to the hot oil and let them splutter.
- Add finely chopped onions and sauté until they turn golden brown.
- Add ginger paste and garlic paste to the pan. Sauté for a minute until the raw smell disappears.
- Add chopped tomatoes and green chilies to the pan. Cook until the tomatoes become soft and mushy.
- Now, add turmeric powder, coriander powder, and salt. Mix well and cook for a minute.
- Add the chopped spinach leaves to the pan and mix with the onion-tomato mixture. Cook for 3-4 minutes or until the spinach wilts down.
- Turn off the heat and let the mixture cool down slightly.
- Once the mixture has cooled, transfer it to a blender or food processor. Blend it to a smooth puree. You can add a little water if needed.
- Return the pureed spinach mixture to the pan and bring it to a simmer over medium heat.
- Add the paneer cubes to the spinach mixture and gently stir to coat the paneer with the spinach sauce.
- Cover the pan and let it cook for 5-7 minutes, allowing the flavors to meld together.
- If using, add the heavy cream and garam masala powder. Stir well and cook for an additional 2-3 minutes.
- Taste and adjust the seasoning, adding more salt or spices if needed.
- Remove from heat and garnish with fresh coriander leaves.

Enjoy your delicious and flavorful Palak Paneer. 😊