

Recipe- Palak Paneer

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Ingredients

Spinach/ Palak 3 bunch

Paneer 100 gm

Tomato 1 medium

Onion 1 medium

Green Chili 2 medium

Ghee 1 tbsp

Jeera 1 tsp

Coriander seeds 1 tsp

Hing /Asafoetida 1 pinch

Ginger Garlic Paste 2 tsp

Red Chili 1 tsp (or as per your taste buds)

1 tsp (or according to taste)

Method

Soak washed and clean palak in big bowl filled with water for half an hour, so that all dirt (if left) sits down in the bottom of bowl.

Boil 3-4 cups of water (with 1 tsp salt) in a deep pan and add washed palak to it.

Cover the pan and leave for 10 minutes on low flame.

Switch off the flame and remove palak in another bowl.

When palak is cooled enough grind it with green chili in mixer jar, set aside.

Take 1 tbsp ghee in a pan and heat on high flame.

When ghee is hot enough add jeera and let it crackle.

Now add hing, coriander seeds and fry.

Add finely chopper onion and fry until pink in color.

Add Ginger garlic paste and fry.

Add roughly chopper tomato and fry until soft.

Add red chilli powder and palak puree fry for a few minutes.
Reduce the flame to low and cover the pan for 5 minutes.
Meanwhile cut the paneer into approx 1 inch pieces.
Heat a non-stick tawa on medium flame.
Roast paneer (without using any oil or ghee) on all sides.
When done remove in a bowl.
Now check the palak if done switch off the gas and mix with roasted paneer.
Serve hot with naan, chapati or rice.

Tips

If you do not eat onion garlic, omit it from recipe.

“Be Vegetarian be Happy”

“Live and Let Live”