



Palak Paneer Spinach Curry

Savannah · 29/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

2

Description

Given to me by a coworker from Bangalore this is a southern Indian recipe for palak paneer It was easy to make and very delicious

Ingredients

- - 2 tablespoons vegetable oil
- divided - 2 cups chopped fresh spinach - 1 teaspoon ground cumin - $\frac{3}{4}$ cup chopped onion - 2 green chile peppers
- chopped - 2 teaspoons chopped garlic - 2 tomatoes
- chopped - $\frac{1}{2}$ cup water - 2 teaspoons ground coriander - 1 teaspoon ground red chiles - 2 tablespoons salt
- 8 ounces paneer
- cubed

Instructions

1. Heat 1 tablespoon vegetable oil in a skillet over medium heat; cook and stir spinach in hot oil until softened
2. 3 to 4 minutes. Transfer spinach to a blender or food processor; puree until spinach becomes a coarse paste. Heat remaining 1 tablespoon oil in a saucepan over medium heat; cook cumin in hot oil until fragrant
3. about 30 seconds. Add onion
4. green chile peppers
5. and garlic. Cook and stir until onion is tender
6. 3 to 4 minutes. Stir in tomatoes and cover saucepan. Simmer for 1 minute and add blended spinach paste
7. water
8. ground coriander
9. red chile powder
10. and salt. Continue to cook until heated through
11. 2 to 3 minutes. Stir paneer into spinach mixture and simmer until hot
12. 1 to 2 minutes more.