

RECIPE

Palak Paneer



Ready in **45 minutes**

Serves **4 people**

Ingredients

- 12oz block of paneer(cubed)
- 4 cups of [Spinach leaves](#)(baby leaves preferred)
- 3 tbsp coconut oil
- 2 [green chillies](#)
- 1 cup onions
- ¼ cup fresh [tomatoes](#)
- 2 tsp ginger/garlic paste
- 1 tsp salt
- 12 cashews
- 1 tsp garam masala
- ½ tsp freshly dried [fenugreek leaves](#)
- ¼ tsp cumin seeds
- 2 green cardamom pods
- 1 inch piece of cinnamon
- 2 cloves

Preparation

1. [Cut Paneer](#) into square pieces. [Cut the onions and tomatoes and set aside.](#)
2. [Measure the spinach](#) in a colander and then wash thoroughly.
3. [Wash chillies](#) and then [cut into one inch pieces.](#) Heat a pan with oil and add the [chillies.](#) Add [spinach and cashewnuts.](#)
4. [Heat the spinach and cashew nuts](#) for 3-4 minutes until they begin to wilt and the raw odor has vanished.
5. [Allow the mixture to cool](#) and then [blend in a food processor.](#) The blended mixture should have a thick consistency, however you may need to add 1-2 tbsp of water to help with blending.
6. [Heat coconut oil](#) in a pan and add [cinnamon, cardamom, cloves, and cumin seeds.](#)
7. [When the spices are sizzling and aromatic,](#) add onions and saute until golden.
8. [Add garlic/ginger paste](#) and cook for another 1-2 minutes.
9. [Add tomatoes and salt and cook until tomatoes break down.](#)
10. [Add garam masala](#) and saute until aromatic.
11. [Add ½ cup water](#) and [cook with a cover until onions become soft.](#) While this cooks, [you can heat a paneer to sear your paneer.](#)
12. [Rub Fenugreek leaves](#) in your hand to release [flavor.](#) remove cover, [add dried fenugreek leaves and spinach mixture.](#)
13. [Add paneer, mix well,](#) remove from flame, and [serve.](#)

Tips

Pan fry the paneer before adding it to the Palak to enhance the flavor and texture of the paneer.