



Palak Paneer (HV)

Serving: 1

Veg

Ingredients

- **Ingredients :**
- - $\frac{1}{2}$ tsp ginger-garlic paste
- - $\frac{1}{4}$ cup tomato puree
- -1 cup chopped spinach
- - $\frac{1}{4}$ cup paneer cubes
- -1 tbsp low-fat whipping cream
- - $\frac{1}{4}$ tsp garam masala
- -1 tsp coriander – cumin powder
- - $\frac{1}{2}$ tsp red chilli powder
- -Salt to taste
- - $\frac{1}{2}$ tsp oil

Preparation Method

- 1. Heat oil in a pan over a medium flame, add ginger-garlic paste. , add tomato puree, coriander – cumin powder, red chilli powder, garam masala and salt and mix well.
- 2. Reduce heat to low and partially cover and simmer for 8-9 minutes while stirring frequently.
- 3. Add the chopped spinach and cook on slow flame for 8-10 minutes until spinach is cooked.
- 4. Add paneer and cream and cook on slow flame for 3 to 4 minutes and serve hot.