



## Red Pumpkin Palak Paneer ( HV )

Serving: 1

Veg

### *Ingredients*

- Spinach (palak )blanched and chopped -1/2 cup
- Red pumpkin peeled,cut into chunks and cooked -1/4 cup
- Cottage cheese (paneer )- 1/4 cup
- Onion finely chopped -1/2
- Garlic finely chopped -1 teaspoon
- Green chilli chopped -1
- Salt to taste
- Garam masala powder 1/2 tsp

### *Preparation Method*

- 1) Put spinach,pumpkin,green chilli in a blender jar and blend into a smooth paste.
- 2) Heat oil in a non-stick pan.
- 3) Add garlic to the paste and saute for 30 seconds. Now add onion,mix and saute for 1 min.
- 4) Add spinach pumpkin puree mix well and cool for a min.
- 5) Cut cottage chese into cubes. Add 1/2 cup water in a pan,mix well and cook for 2-3 mins.
- 6) Add cottage cheese cubes and garam masala powder,mix well and cook for a min.
- 7) Transfer into a serving and serve hot