



Red Pumpkin Palak Paneer

Serving: 1

Veg

Ingredients

- -Red pumpkin peeled, cut into chunks and cooked- 20 gms
- -Spinach (palak) blanched and chopped- 100 gms
- -Cottage cheese (paneer) - 20 gms
- -Onion finely chopped- $\frac{1}{2}$
- -Garlic finely chopped- 1 teaspoon
- -Green chilli chopped- 1
- -Oil- $\frac{1}{2}$ teaspoon
- -Salt- to taste
- -Garam masala powder- $\frac{1}{2}$ teaspoon

Preparation Method

- -Put spinach, green chilli, pumpkin in a blender jar and blend into a smooth puree.
- -Heat oil in a non-stick pan, Add garlic to the pan and saute for 30 seconds.
- -Now add onion, mix and saute for 1 minute.
- -Add spinach-pumpkin puree, mix well and cook for a minute.
- -Cut cottage cheese into cubes. Add $\frac{1}{2}$ cup water and salt to the pan, mix well and cook for 2-3 minutes. Add cottage cheese cubes and garam masala powder, mix well and cook for 4 minutes.
- -Transfer into a serving bowl and serve hot.