

Spinach and fresh paneer cheese curry

- **15 Ingredients**
 - **7 Method Steps**
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- **Paneer**

- ☐
2 litres full cream milk

- ☐
1 tsp salt flakes

- ☐
1/4 cup lemon juice or white vinegar

- **Curry**

- ☐
2 tbsp vegetable oil or coconut oil

- ☐
1 small onion, finely diced

- ☐
1 tsp freshly minced garlic

- ☐
1 tsp freshly minced ginger

- ☐
1 tsp whole cumin seeds

- ☐
1/2 tsp garam masala

- ☐
400g canned diced tomatoes

- ☐ 700g English spinach bunch, washed and roughly chopped (See tips)
- ☐ Salt flakes, to season
- ☐ 2 tbsp natural yoghurt
- ☐ Naan bread, to serve
- ☐ [Rice](#) to serve
- ☐

ADD TO SHOPPING LIST

- **Step 1**

To make paneer cheese, add milk into large saucepan, bring to the boil then turn off heat, season with salt then add lemon juice or vinegar, stir well. Milk will split separating the solid curd from the watery whey. Allow to sit for 10 minutes.

- **Step 2**

Line fine sieve with muslin cloth and place over extra large mixing bowl or sink, pour split milk into the sieve so that the milk solids are retained in the muslin cloth, squeeze out excess liquid from the milk solids. Tightly wrap milk solids in the muslin cloth and press down to make a firm, flat disc. Place disc on plate, top disc with another plate and something heavy like a large full can of tomatoes to weigh down and press on the disc. Place in fridge for 60 minutes up to a few hours to firm up so that you can slice it without it crumbling.

- **Step 3**

Place large saucepan filled with water over high heat and bring to the boil. Prepare an ice bath by filling a large mixing bowl with cold water and a few cups of ice. When boiling add spinach and blanch for 2- 3 minutes, remove from water and place spinach in an ice bath to cool. When cool, drain spinach and place in blender or food processor and blend until a smooth puree forms. Set aside.

- **Step 4**

To make the curry, add oil to large saucepan over medium heat, add onion and cook till translucent then add ginger and garlic and cook for a further 2 minutes, stirring occasionally. Add cumin seeds and garam masala and cook for a further 2 minutes, stirring occasionally. Add tomato and spinach puree cook on a simmer until tomato has reduced for about 5 minutes.

- **Step 5**

Pour mixture back into blender or food processor and blend until a fine puree forms. The mixture can be set aside at this point until you are ready to serve.

- **Step 6**

To prepare paneer cheese, remove from cloth and slice into 5cm cubes.

- **Step 7**

When you are ready to serve, place puree back into saucepan over medium heat, add paneer cheese cubes and stir to combine. Season with salt, serve with naan bread and steamed rice.
