

Yeung Man Style

[Ref](#)

Chop

1. 1 onion
2. 1 tomato
3. 400 gms Tofu

Cook

1. Pan & med. heat
2. 2 TBSP oil/ghee
3. 1 TSP cumin & coriander seed
4. 45 sec
5. Onion
6. 2 TSP ginger garlic
7. 1 dry red chilli
8. 1 TSP salt
9. Saute **5-7** min.
10. Tomatoes
11. Saute for **4-5** minutes
12. 1 TSP turmeric
13. 2 TSP garam masala
14. Spinach 200 gms (100 by 100)
15. Saute **1-2** min.
16. **Blend**
17. 1 cup (200 ml) cream./cashew paste.
18. Add tofu & stir 1 min.

Deena Style

[Reference](#)

1. Boil water (1-2 minutes)
 1. Spinach
 2. Ginger
 3. Green Chilli
2. Blend It.
3. Oil
 1. Jeera
 2. Ginger Gralic
 3. Green Chilli
 4. Red Chilli
 5. After some time
 6. Onion
 7. Tomato

8. Any other veggies
4. Add spices
 1. Turmeric
 2. Chilli
 3. Coriander
5. Add water & cook for few minutes
6. Now, add spincah mix
7. Now, panner.
8. Jeera Powder
9. Coriander
10. Butter
11. Off the stove ,add Cream.