

# Palak Paneer



## Ingredients:

- 250g paneer, cut into cubes
- 4 cups fresh spinach leaves, washed and chopped
- 1 large onion, finely chopped
- 2 tomatoes, chopped
- 2 green chilies, chopped (adjust to taste)
- 1 tablespoon ginger-garlic paste
- 1 teaspoon cumin seeds
- 1 teaspoon turmeric powder
- 1 teaspoon red chili powder (adjust to taste)
- 1 teaspoon coriander powder
- 1/2 teaspoon garam masala
- Salt to taste
- 2 tablespoons vegetable oil or ghee
- 1/4 cup heavy cream (optional)
- Fresh coriander leaves for garnish

## Instructions:

1. Blanch the Spinach:

- Bring a pot of water to boil. Add the chopped spinach and blanch for about 2 minutes.
- Drain the spinach and immediately transfer it to a bowl of ice water. This helps retain the vibrant green color.
- Once cooled, blend the spinach into a smooth paste. Set aside.

2. **Sauté the Paneer:**

- In a pan, heat 1 tablespoon of oil or ghee over medium heat.
- Add the paneer cubes and sauté until they turn golden brown on all sides. Remove from the pan and set aside.

3. **Temper the Cumin Seeds:**

- In the same pan, add the remaining oil or ghee. Add cumin seeds and let them splutter.

4. **Sauté Onions and Green Chilies:**

- Add finely chopped onions and green chilies. Sauté until the onions become translucent.

5. **Add Ginger-Garlic Paste:**

- Add ginger-garlic paste and sauté for another 1-2 minutes until the raw smell disappears.

6. **Add Tomatoes:**

- Add chopped tomatoes and cook until they become soft and the oil starts to separate from the mixture.

7. **Add Spice Powders:**

- Add turmeric powder, red chili powder, coriander powder, and garam masala. Stir well to combine.

8. **Add Spinach Paste:**

- Add the blended spinach paste to the pan. Mix everything together and cook for 5-7 minutes until the mixture thickens.

9. **Season and Add Paneer:**

- Season with salt. Add the sautéed paneer cubes to the spinach mixture.

10. **Simmer:**

- Allow the Palak Paneer to simmer for 5-7 minutes on low heat, allowing the flavors to meld.

11. **Optional: Add Cream:**

- If using heavy cream, add it at this stage and stir well. This step adds richness to the dish.

**12. Garnish and Serve:**

- Garnish Palak Paneer with fresh coriander leaves.
- Serve hot with naan or rice.

Enjoy your homemade Palak Paneer! It's a nutritious and delicious dish that's loved by many.