

Recipe 1

પાલક પનીર (Palak Paneer)

Ingredients

- 1 pound પાલક.
- 4 tomatoes and 2 onions.
- Salt.
- Oil.
- જેરુ.
- તમાલપત્ર.
- લાલ મરચું.
- હળદર.
- ઘાણાજીરું.
- ગરમ મસાલા.
- 1 green chili pepper.
- 5 cloves of garlic or garlic powder.
- Paneer.

Procedure

1. Purée tomatoes and onions together.
2. Set instant pot to sauté at normal heat, and add oil.
3. When instant pot shows hot, add તમાલપત્ર and જેરુ. Optionally add a green chili pepper cut in two halves. Then add the tomato-onion purée. Add લાલ મરચું, હળદર, ઘાણાજીરું, ગરમ મસાલા and salt. Add 5 cloves of garlic finely chopped, or garlic powder. Let this simmer for a little bit.
4. Add પાલક and 1/2 cup water. Then close instant pot and pressure cook on high for 4 minutes. When you open pot, use an immersion blender to blend to desired consistency (tilt instant pot at an angle to do this more easily).
5. Mix in the paneer.