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## Quick saag paneer/tofu

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### ABSTRACT

(Based on the NYT recipe <https://cooking.nytimes.com/recipes/1021954-saag-paneer>)

My kids don't like fried onion, and one of them doesn't like paneer. So this is a very quick saag with onion powder and tofu instead.

### MATERIALS

- 1lbs of spinach
- 1<sup>1</sup>/<sub>2</sub> tablespoons of ghee or butter
- block of firm tofu, cut into cubes
- onion powder to taste
- 4-5 cloves garlic, minced
- 2<sup>1</sup>/<sub>2</sub> tsp coriander
- 2<sup>1</sup>/<sub>2</sub> tsp cumin
- 2<sup>1</sup>/<sub>2</sub> cup heavy whipping cream

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Tastier with paneer; but needs 5min extra for frying paneer first

OPEN ACCESS



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**Protocol status:** Working  
We use this protocol and it's working

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- 1 Mince the spinach in a food processor. Do not overprocess into a puree.
- 2 Heat ghee on medium-low
- 3 Fry garlic and ginger for  00:01:00 or less 1m
- 4 Add spinach
- 5 Add  $\frac{1}{2}$  cup of water
- 6 Raise the heat to medium and add coriander, cumin, onion powder, salt, pepper.
- 7 Cook for  00:05:00 5m
- 8 Add cubed tofu and cook another 2-3 minutes until the water is absorbed

9 Add whipping cream. Turn off the heat and mix.