

Palak Paneer Recipe Video (Indian Palak Panir) by Show Me The Curry, indian recipe, cooking videos, recipe videos

[Home](#) » [Subzis \(Vegetables\)](#) » [Palak Paneer Recipe](#)

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Palak Paneer, without a doubt, is one of the most recognized Indian restaurant dishes around. With fragrant spices flavoring fresh spinach and the protein packed goodness of paneer, palak paneer is not only healthy, but simply delicious. Though we have showed you a Palak Paneer recipe in the past, we felt that it deserved a better quality video and presentation. So here it is...

Ingredients:

Spinach – 16 oz, washed and chopped if leaves are large

Water – 1 cup

Green Chilies – 1 to 2, slit (optional)

Oil – 3 Tbsp

Paneer – 7 to 10 oz, cubed (can be store bought or homemade – [click here for the recipe](#))

Cinnamon Stick – 1 inch piece

Onions – 2 cups, diced

Ginger – 1 Tbsp, minced

Garlic – 1 Tbsp, minced

Tomatoes – 2 cups, diced

Coriander Powder – 2 tsp

Cumin Powder – 1 tsp

Turmeric Powder – 1/4 tsp

Red Chili Powder – To taste

Garam Masala – 1 tsp

Salt – to taste

Dry Mango Powder – 1/2 tsp

Milk – 1/2 cup (Heavy cream or Evaporated milk can be substituted for more richness)

Dried Fenugreek Leaves – 1 Tbsp, powdered

Method:

1. In a pot, bring 1 cup of water to a boil.
2. Add Green Chilies and Spinach and allow to wilt and cook, uncovered. Stir often.
3. Remove Spinach with the liquid from heat and allow to cool down before blending (pulse blender to maintain some texture).
4. In a pan, heat 3 Tbsp of Oil.
5. Stir fry Paneer until lightly golden on all sides. Remove Paneer from pan, leaving excess oil in the pan.
6. In the same Oil, add Cinnamon Stick, Onions and a little Salt. Cook until Onions are translucent.
7. Add Ginger and Garlic and continue to cook until the Onions brown.

8. Add Tomatoes, mix and cook until the Oil comes out from the mixture.
9. Add all the dry spices and Salt, mix well and cook for 1 minute.
10. Add cooked and blended Spinach and cook for a few minutes.
11. Add Milk or Heavy Cream or Evaporated Milk and mix.
12. Add Dried Fenugeek Leaves and cook for 1-2 minutes.
13. Add Paneer and mix gently. Heat through and serve with Naan, Chapati, Paratha, Rice, etc.

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