

PALAK PANEER

INGREDIENTS

350 grams spinach
1 medium tomato
5 large garlic cloves divided, 3 whole and 2 finely chopped
1 inch ginger
1 green chili or more to taste
1 tablespoon oil
1 large onion finely chopped
1/2 cup water or as needed
3/4-1 teaspoon garam masala
1/4 teaspoon turmeric powder
1/4 teaspoon red chili powder or to taste
salt to taste
2-3 tablespoons heavy cream or adjust to taste
225 grams paneer cut into cubes
1/2 tablespoon kasuri methi crushed, dried
fenugreek leaves
lemon juice to taste

METHOD

STEP 1

To a pot of boiling water, add little salt and then spinach leaves to it. Blanch the spinach leaves for 2 to 3 minutes until wilted. Take them out and put them in ice cold water. This helps the leaves in retaining their green color.

STEP 2

To a blender, add the blanched spinach along with tomato, 3 cloves of garlic, ginger and green chili. Puree to a smooth paste and set aside.

STEP 3

Heat a pan on medium heat. Once hot, add the oil and then add the remaining 2 cloves of chopped garlic. Sauté for few minutes until it starts changing color.

Then add the chopped onions. Cook the onion for 2 to 3 minutes until soft and translucent.

STEP 4

Add in the prepared spinach puree and mix. Also add around 1/2 cup water at the point.

Cover the pan and let it cook for 10 minutes on medium heat. The spinach will bubble a lot. Stir at regular intervals to avoid sticking at the bottom.

STEP 5

Once the spinach is cooked, add the garam masala, turmeric powder, red chilli powder and salt. Mix and cook for 1 minute. You may also add 1/2 teaspoon of sugar at this point if you like. Then add the heavy cream and mix.

STEP 6

Stir in the paneer and mix. Let the curry simmer for 3 to 4 minutes. Switch off the flame, add lemon juice and kasuri methi and mix.

STEP 7

Serve palak paneer hot with naan or roti or rice.

THE COOKERY

by The Secret Jozi Chef