

HEALTHY COOKING

▶ PALAK PANEER



SERVES 2

INGREDIENTS

- ▶ 250g (5 cups) spinach (cleaned, washed and finely cut)
- ▶ 100g (1/2 cup) Paneer cubes (low fat cottage cheese)
- ▶ 2 Tbs ghee
- ▶ 1 medium size (1/4 cup) onion finely cut
- ▶ 1 tsp cumin powder
- ▶ 1 tsp ginger, grated
- ▶ 2 cloves garlic, crushed
- ▶ Garam masala, red chilli powder, salt to taste
- ▶ 2 Tbs fresh cream

Steam spinach in a little water and cool. Mash or blend the boiled spinach in mixer to get smooth gravy. Heat the ghee in a large sauce pan, add ginger, garlic and stir-fry for a minute. Add onion and fry till golden brown. Add cumin powder, garam masala and salt, cook until fragrant, then add the spinach gravy and little water if needed and cook for 5 minutes. Add chilli powder and cook for 5 minutes before finally adding the paneer cubes, cook for 2 minutes or until heated through.

Garnish with fresh cream and serve with cauliflower rice (find this recipe on our website).

Each serving:

Protein: 7.0g | Carbohydrate: 4.0g | Butter/Oil: 15ml