

Recipe Saag Paneer

Prep time



5 mins

Cooking time



20 mins

Serves



3

Nutrition Information per serving

Protein 30.8g

Carbohydrates 18.6g

Fats 18.4g

Energy 364kcal

We need

5g Turmeric Powder

3g Cayenne Pepper

5g Garam Masala

10g Ground Coriander Seeds

5g Ground Cumin

6 Scoops [ENERCAL PLUS®](#)

500g Paneer

200g Spinach

1 Onion

25g Ginger (mince)

4 Cloves of Garlic

1 Green Chilli (deseed)

Salt to Taste

Lemon to Taste

Step by step

1. Lightly toast the spices (turmeric powder, cayenne pepper, garam masala, ground coriander seeds, and ground cumin) in a pan.
2. Pan-sear the paneer cubes until both sides are evenly browned. Remove the paneer and set it aside.
3. In the same pan, add the chopped onions, minced ginger, and minced garlic. Continue stirring until the onions are translucent.
4. In a separate pot, boil water and blanch the spinach. Once done, drain and press out the excess water.

5. 1. Add the toasted spices to the onion mixture. Then, add the blanched spinach, lemon juice, salt, and [ENERCAL PLUS®](#) milk powder.
6. Cook until the spinach is soft.
7. Add a bit of water, the pan-seared paneer, and lightly bring the mixture to a boil.
8. Once hot, serve immediately with chapatti (Indian flatbread) and plain yogurt.