Recipe Saag Paneer

Prep time

Cooking time

Serves

This is a served with a serving serving

Protein 30.8g

Carbohydrates 18.6g

Fats 18.4g

Energy 364kcal

We need

5g Turmeric Powder

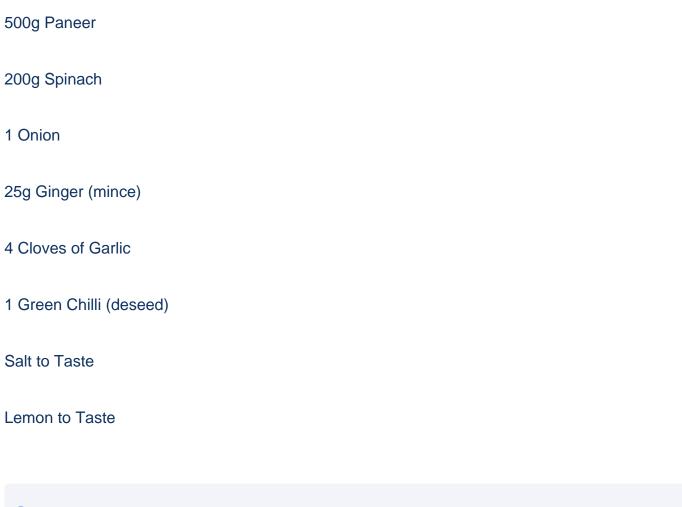
3g Cayenne Pepper

5g Garam Masala

10g Ground Coriander Seeds

5g Ground Cumin

6 Scoops ENERCAL PLUS®



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.