



Recipe Saag Paneer

RECIPE

PREP: 5 MINS

COOKING: 20 MINS

PORTION(S): 3

Ingredients

- 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

Nutrition count

- Protein : 30.8g
- Carbohydrates : 18.6g
- Fats : 18.4g
- Energy : 364kcal

Step by step

Lightly toast the spices (turmeric powder, cayenne pepper, garam masala, ground coriander seeds, and ground cumin) in a pan.

Pan-sear the paneer cubes until both sides are evenly browned. Remove the paneer and set it aside.

In the same pan, add the chopped onions, minced ginger, and minced garlic. Continue stirring until the onions are translucent.

In a separate pot, boil water and blanch the spinach. Once done, drain and press out the excess water.

1. Add the toasted spices to the onion mixture. Then, add the blanched spinach, lemon juice, salt, and ENERCAL PLUS milk powder.

Cook until the spinach is soft.

Add a bit of water, the pan-seared paneer, and lightly bring the mixture to a boil.

Once hot, serve immediately with chapatti (Indian flatbread) and plain yogurt.