

Palak Paneer



Delight in our irresistible Palak Paneer recipe, a creamy fusion of paneer cheese and the richness of spinach. Embark on an authentic taste experience to savor.

Preparation 10 min

Cooking 25 min

Servings 4

Nutrition Facts (per serving)

Calories 300

Fat 20

Carbohydrates 17

Fibre 5

Protein 16

Sodium 690

Ingredients

- 15 ml (1 tbsp) vegetable oil
- 200 g (8 oz) halloumi grilling cheese, cubed
- 5 ml (1 tsp) cumin seeds
- 4 cloves of garlic, finely chopped
- 2 yellow onions, finely diced
- 1 jalapeño pepper, finely chopped

- 5 ml (1 tsp) chili powder
- 5 ml (1 tsp) garam masala
- 5 ml (1 tsp) ground coriander
- 250 g (9 oz) baby spinach
- 2 tomatoes, finely diced
- 1 green bell pepper, seeded and cubed
- ½ can of 398 ml (14 oz) light coconut milk
- Salt, to taste

Preparation

1. Over medium-high heat, heat 15 ml (1 tablespoon) oil in a large non-stick skillet. Add the Halloumi cheese cubes and cook for 2 to 3 minutes on each side or until golden brown. Set aside on paper towels.
2. In the same skillet over medium heat, add cumin seeds and garlic, stirring regularly until brown.
3. Add onions and jalapeño pepper. Cook, stirring occasionally, until onions are translucent.
4. Add turmeric, chili powder, garam masala and ground coriander. Stir to combine.
5. Add spinach, tomatoes and green bell pepper. Cook covered, stirring regularly for 5 minutes.
6. Stir in coconut milk and a pinch of salt if desired, then bring to a boil, stirring constantly. Set the pan aside, stir in grilled Halloumi cheese and serve with flatbread.

Notes



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