

# Palak Paneer Loaded French Fries

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/mcdonalds-french-fries-recipe-indian>

## Ingredients:

- 1 tablespoon cooking oil
- 1/2 white onion large, diced
- 1/2 hot pepper I use Habanero, see notes
- 3 cloves garlic minced
- 1 tablespoon minced ginger
- 1 large tomato roughly chopped
- 1 teaspoon cumin seeds
- 250 grams frozen spinach
- 1 cup coconut milk canned
- 1 teaspoon ground coriander
- 1 teaspoon Garam Masala ground
- paneer cheese 1 14 oz brick, cut into cubes
- french fries Baked, for serving
- cilantro optional
- cream yogurt optional

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 12 grams
3. Fat: 19 grams
4. Fiber: 5 grams
5. Protein: 5 grams
6. SaturatedFat: 13 grams
7. Sodium: 65 milligrams
8. Sugar: 5 grams

Thank you for visiting our website. Hope you enjoy Palak Paneer Loaded French Fries above. You can see more 17 mcdonalds french fries recipe indian Dive into deliciousness! to get more great cooking ideas.