

Indian Cheesy Spinach Curry (Palak Paneer)

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-spinach-paneer-curry-recipe>

Ingredients:

- 2 bunches spinach 10-12 oz. each
- 2 cups spinach pureed
- 500 grams paneer cubed and lightly fried
- 1/4 cup canola oil or other flavorless oil
- 1 teaspoon cumin seeds
- 1 bay leaf
- 1 teaspoon ginger finely chopped
- 1 teaspoon chopped garlic finely
- 1/2 cup onions grated
- 1 cup chopped tomatoes
- 2 teaspoons salt
- 1/4 teaspoon Garam Masala
- 1/2 teaspoon cayenne pepper
- 1 teaspoon coriander seeds powdered

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 95 milligrams
4. Fat: 43 grams
5. Fiber: 5 grams
6. Protein: 18 grams
7. SaturatedFat: 17 grams
8. Sodium: 1750 milligrams
9. Sugar: 6 grams

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