

Saag Mushrooms | Palak(Spinach) Mushroom Curry

Yield: 6 min
Total Time: 17 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-indian-mushroom-saag>

Ingredients:

- 20 button mushrooms wiped clean and quartered
- 1 onion large, finely chopped
- 1 teaspoon jeera /Cumin Seeds
- 1 teaspoon coriander powder Dhania/
- 1/2 teaspoon garam masala Optional
- 1 tablespoon lemon /Lime Juice, Adjust acc to taste
- 1 tablespoon oil
- salt to taste
- 1 bunch spinach approx 4-5 packed cups, washed and roughly chopped
- 1 inch ginger peeled
- 2 green chillies Adjust acc to taste
- 1 inch cinnamon
- 4 green cardamoms
- 4 cloves
- 1 star anise Optional
- 1/4 cup coriander leaves roughly chopped
- mushrooms Saag, | Palak, Spinach Mushroom Curry
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Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 9 grams
3. Fat: 3 grams
4. Fiber: 3 grams

5. Protein: 4 grams
 6. Sodium: 200 milligrams
 7. Sugar: 3 grams
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