

Palak Paneer with Tofu & Spinach Gravy

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1/2 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon ground cinnamon
- 1 tablespoon brown sugar
- 1 package tofu extra firm organic
- 1 teaspoon extra virgin olive oil
- 1/3 cup vegetable broth for sautéing plus 1/2 cup for spinach gravy
- 1/3 cup shallots chopped
- 3 garlic cloves chopped
- 1 tablespoon grated ginger grating brings out more flavor than chopping
- 1 serrano chile chopped, if you like heat, add two
- 1 teaspoon ground cumin
- 1/8 teaspoon nutmeg
- 1 pinch cayenne
- 1 tablespoon maple syrup
- 1/4 cup coconut milk lite if you are using can
- 1 lime juice
- 1/4 teaspoon salt or more
- fresh ground black pepper
- 1 bunch spinach approximately 5 ounces

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 15 grams
3. Fat: 5 grams

4. Fiber: 3 grams
 5. Protein: 4 grams
 6. SaturatedFat: 3.5 grams
 7. Sodium: 300 milligrams
 8. Sugar: 6 grams
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