

Palak Paneer

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-paneer-recipe>

Ingredients:

- 1 cup paneer cubed, how to make paneer at home
- 1 bunch spinach palak, or green
- 1 onion chopped
- 1 teaspoon minced garlic
- 1/2 teaspoon minced ginger
- 1 teaspoon chilli powder
- 1 teaspoon coriander powder
- 1/2 teaspoon jeera cumin powder
- 1/4 teaspoon turmeric powder
- 1 pinch kasuri methi dried fenugreek leaves
- 1 teaspoon garam masala
- 2 teaspoons ghee or oil
- 1 pinch asafoetida or of hing
- 1 teaspoon tomato paste or 1 pureed tomato - optional
- 1 cup milk or water
- 1 tablespoon curd plain, or yogurt - optional

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 5 milligrams
4. Fat: 4 grams
5. Fiber: 3 grams
6. Protein: 6 grams
7. SaturatedFat: 1 grams
8. Sodium: 135 milligrams
9. Sugar: 5 grams

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