

# Kale Saag Paneer With Mango

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/spinach-and-kale-kababs-indian-recipe>

## Ingredients:

- 3 tablespoons ghee or butter, divided
- 2/3 pound paneer cubed
- 1 red onion diced
- 4 garlic cloves minced
- 2 inches ginger piece of, peeled and minced
- 1/2 teaspoon ground cayenne
- 1/2 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 4 teaspoons garam masala
- 8 cups kale packed, stems removed and chopped, about 2 bunches
- 4 cups mustard greens packed, chopped
- 4 cups spinach packed, chopped
- 1/4 cup water
- 1 cup yogurt plain full fat
- salt
- pepper
- 2 mangos peeled and cubed
- fresh cilantro
- basmati rice
- naan

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 40 milligrams
4. Fat: 19 grams
5. Fiber: 6 grams
6. Protein: 12 grams
7. SaturatedFat: 7 grams

8. Sodium: 410 milligrams
  9. Sugar: 15 grams
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