

Vegan Palak Paneer with Tofu

Yield: 4 min
Total Time: 75 min

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

Ingredients:

- 14 ounces extra firm tofu
- 4 teaspoons flavored oil neutral-, such as grapeseed oil
- 1 teaspoon kosher salt
- 1 teaspoon ground cumin
- 1/2 teaspoon Garam Masala
- 1/4 teaspoon cayenne pepper
- 1 tablespoon nutritional yeast optional
- 10 ounces spinach washed well and tough stems removed
- 1/2 cup raw cashews soaked in boiling water for 1 hour, if your blender isn't high-powered, I recommend soaking in cool water overnight...
- 375 milliliters water cups
- 2 garlic cloves peeled but left whole
- 1 1/2 inches fresh ginger ~3.5 cm piece of, peeled and roughly chopped
- 1 serrano pepper stem removed, remove seeds and membranes for a mild heat
- 2 small tomatoes roughly chopped
- 3/4 teaspoon kosher salt
- 1 tablespoon coconut oil or oil of choice
- 1 teaspoon cumin seeds whole
- 1 medium yellow onion diced
- 4 cloves garlic minced
- 1/4 teaspoon ground turmeric
- 1 teaspoon ground coriander
- 3/4 teaspoon kosher salt
- freshly cracked black pepper
- 1 bay leaf optional
- 1 teaspoon Garam Masala
- 1/2 tablespoon fenugreek leaves also known as kasoori methi, optional
- freshly squeezed lemon juice or lime juice
- chopped cilantro
- paratha
- white rice
- flatbread
- naan
- naan

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 57 grams
3. Fat: 22 grams
4. Fiber: 8 grams
5. Protein: 29 grams
6. SaturatedFat: 5 grams
7. Sodium: 1790 milligrams
8. Sugar: 5 grams

Thank you for visiting our website. Hope you enjoy Vegan Palak Paneer with Tofu above. You can see more 15 tofu paneer recipe indian You must try them! to get more great cooking ideas.