

SAAG PANEER

A classic Indian vegetarian dish; delicious served with rice or naan



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INGREDIENTS

- 60 mL (4 T.) canola or olive oil; divided
- 5 mL (1 tsp.) ground turmeric
- 2 mL (1/2 tsp.) cayenne pepper
- 2 mL (1/2 tsp.) salt
- 340 g (12 oz.) paneer, cut into small cubes
- 500 g (16 oz.) frozen chopped spinach
- 1 medium white onion, finely chopped
- 3 garlic cloves, minced
- 15 mL (1 T.) minced ginger
- 1 large green serrano Chile pepper, finely chopped
- 10 mL (2 tsp.) ground coriander
- 5 mL (1 tsp.) ground cumin
- 2 mL (1/2 tsp.) garam masala
- 125 mL (1/2 cup) plain yogurt

INSTRUCTIONS

01

In a medium bowl, whisk 30 mL/2 T. of oil with the turmeric, cayenne pepper and salt. Add in paneer cubes and toss to coat with oil mixture; set aside to let flavours meld. (This is also a good time to make rice to go with the dish!)

02

Thaw frozen spinach (if needed); squeeze out any extra liquid using a paper towel.

03

In a large skillet at medium heat, fry the paneer cubes until lightly golden on one side (just 2-3 minutes); remove from skillet to a plate.

04

Add the remaining 30 mL/2 T. oil to the skillet along with the onions, garlic, ginger and Chile pepper; sauté until golden toffee-coloured --adding a bit of water or reduce heat slightly if mixture is burning or drying out--this will take about 15 minutes or so.

05

Add the coriander, cumin and garam masala; cook for another 3- 5 minutes, stirring often.

06

Stir in spinach and 125 mL/1/2 cup water; cook for another 5 minutes.

07

Turn off heat, stir in the yogurt and mix well. Add the paneer back into the skillet and enjoy!