



Palak Paneer (Cottage Cheese in Spinach Gravy)

Palak paneer is a popular Indian and Pakistani vegetarian dish consisting of spinach and paneer in a thick curry sauce based on pureed spinach. If paneer is a new idea for you, it is a homemade Indian cheese, used in Indian desserts, appetizers and main course dishes. It can be made at home. Click [here](#) if you'd like to see how it is made and decide if this is something you want to try.

This is an easy classic Indian dish from Sanjeev Kapoor, one of the most celebrated faces of Indian cuisine today.

His secret ingredient is the fresh coriander paste. Tip: Make sure you whisk the yogurt well before adding it to the pot. After adding, cook it on low heat to avoid clumping.

Ingredients

- 2-3 tablespoons olive oil
- 20-30 cloves garlic, chopped fine
- 1 teaspoon cumin seeds
- 4-5 green chilies, chopped fine
- 2 medium onions, sliced
- 1 cup yogurt
- ½ teaspoon turmeric powder
- 1 tablespoon coriander powder
- ¼ teaspoon black salt
- 1 cup (200 grams) paneer (cottage cheese)
- 2 cups boiled spinach leaves, pureed
- 1 tablespoon fresh coriander paste
- Juice from a half lemon

Preparation process

- Add olive oil to pan and heat.
- Finely chop the garlic.
- Add the cumin and garlic to the pan. Brown the garlic.
- Chop the green chilies and add to the pan. Remove from the flame.
- Add sliced onions. Sauté until translucent, about 3-4 minutes on medium flame
- Whisk the yogurt and add it to the pot.
- Add the turmeric powder, coriander powder, and black salt to the pan. Add salt to taste. Mix well and boil. Cook on low heat.
- Cut paneer (cottage cheese) into cubes; add to the pan.
- Boil palak leaves in water, adding a little salt and sugar, for 10-15 minutes without covering. After that, drain and refresh the leaves by placing them in ice cold water to retain their bright green color.
- Add the boiled, pureed palak (spinach) and fresh coriander paste.
- Add paneer and mix properly. Bring it to a boil.
- Add lemon juice (to aid in digestion).
- Serve.

Bonus Items

If you want to watch the video again. Click [here](#).

Looking for ready-made coriander paste? Check out this brand online [here](#).