

Palak Paneer

From the garden: spinach, beetroot leaves, broad bean leaves, snow pea tendrils, spring onions, lemon, garlic

Equipment: Measuring cups and spoons Kitchen scales Frying pan Wooden spoon Chopping board Kitchen knife Mezza luna Grater Blender Tea towel	Ingredients: Paneer 200g paneer 30g ghee Palak Paneer: 30g ghee 1 onion, finely chopped 2 spring onions, finely sliced 1 teaspoon fenugreek seeds 1 teaspoon ground cumin 1 teaspoon ground coriander ¾ teaspoon salt ¼ teaspoon black pepper 2 garlic cloves, finely chopped 2 teaspoon ginger, finely grated ¾ cup tinned tomatoes 1 green chilli, finely sliced 700g fresh green leaves, wash thoroughly and roughly chop ¼ cup water 1/3 cup cream 1 tablespoon lemon juice
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What to do:

1. **Sauté onion & spices:** Melt ghee in a large pan over medium heat (7). Add onion, fenugreek, cumin, coriander, salt and pepper. Cook for 5 minutes until onion is softened but not golden.
2. **Add garlic and ginger,** cook for 2 minutes.
3. **Add the tomato** and chilli, cook for 3 minutes on a medium heat.
4. **Add spinach:** Add about ½ of the spinach and stir until wilted. Then add more spinach along with the water, cook again until wilted. Repeat until all the spinach is wilted.
5. **Cook 10 minutes:** Cook, stirring every now and then, for 10 minutes still on a medium heat.
6. **Cream & lemon:** Add the cream and lemon juice. Cook, stirring gently, for 3 minutes.
7. **Puree half spinach:** Remove half the spinach into a bowl and blend it to a puree in a blender. Pour pureed spinach back into the pan, stir to combine.
8. **Add Pan Fried Paneer:** Gently stir in golden pan-fried paneer. Stir gently to mix through.

Golden Pan-Fried Paneer

9. Cut paneer into 1 ½ cm slices. Then cut each slice into 2.5cm pieces, approximately!
10. Melt half the ghee in a pan over medium-high heat.
11. Place half the paneer in the pan and cook for about 1 ½ minutes until light golden. Turn, then cook the other side until light golden.
12. Remove onto paper towel-lined plate. Repeat with remaining ghee and paneer.