

Palak Paneer

INGREDIENTS

- 1 bunch silverbeet or 2 bunches English Spinach
 - 1 large onion
 - 3 cloves garlic
 - 1 chilli roughly chopped (optional)
 - 10 fresh curry leaves
 - 1 tsp cumin seeds
 - 1 tsp ground coriander
 - 2 cm knob of ginger grated
 - 1½ tsp garam masala
 - Salt and chilli to taste
 - Splash of oil
 - Splash of lemon juice
- 1 serve of paneer (find paneer recipe [here](#))

Optional

Serve with rice or roti and you can make a tomato coriander chilli lemon juice salad.

METHOD

1. Roughly chop the onion and garlic. Wash the silverbeet well and cut off the bottom stalks, you can leave the central one. Roughly chop the silverbeet.
2. Place the splash of oil in a saucepan and add the onion and garlic, and cook for a few minutes. Then add the ginger, chilli (if using), cumin, coriander and garam masala, with a gigantic pinch of salt, cook for a few minutes.
3. Then add the silverbeet or spinach and ½ cup water. Give it a good stir and pop the lid on the saucepan.
4. Bring to the boil then simmer for 15 minutes. Checking to ensure the pot doesn't run dry. So stir now and again.
5. Take saucepan off the heat and then, using a stick blender, blend everything. It doesn't need to be smooth. Stir in the splash of lemon juice and season with salt.
6. Mix in the cooked paneer and serve with rice or roti and you can make a tomato coriander chilli lemon juice salad.

