



saag paneer

Ingredients

- 2 bunches spinach, roughly chopped
- 1 bunch fenugreek leaves (methi), roughly chopped
- 3 tablespoons canola oil, divided
- ½ pound paneer, cut into cubes
- 1 teaspoon cumin seeds
- 1 onion, thinly sliced
- 3 cloves garlic, minced
- 1 teaspoon freshly grated ginger
- 1 tomato, diced
- 2 teaspoons garam masala
- ½ teaspoon ground turmeric
- ½ teaspoon cayenne pepper (adjust to taste)
- ½ cup heavy cream (or coconut milk for a dairy-free option)
- Salt, to taste

Instructions

1. **Blanch the greens:**

Bring a large pot of water to a boil. Add the spinach and fenugreek leaves and cook for about 3 minutes, until wilted. Drain well.

2. **Blend:**

Transfer the greens to a food processor and pulse about 5 times until finely chopped (but not a smooth purée).

3. **Fry the paneer:**

Heat 1 tablespoon of oil in a large skillet over medium heat. Add the paneer cubes and fry until golden brown on all sides, about 5 minutes. Remove and set aside.

4. **Build the base:**

In the same skillet, heat the remaining 2 tablespoons of oil. Add cumin seeds and cook for about 1–2 minutes until fragrant.

5. **Sauté aromatics:**

Add sliced onion and cook until softened and lightly browned, about 4–5 minutes. Stir in garlic and ginger and cook for another minute.

6. **Spice it up:**

Add the diced tomato, garam masala, turmeric, and cayenne. Cook until the tomato breaks down and forms a thick, spiced mixture—about 10 minutes, stirring frequently.

7. **Combine and simmer:**

Add the chopped spinach-fenugreek mixture to the skillet along with the fried paneer cubes. Stir

in the cream and season with salt to taste.

8. **Simmer gently:**

Reduce heat to low, cover, and let simmer for 15 minutes, stirring occasionally to prevent sticking.

9. **Serve:**

Garnish with a splash of cream or a sprinkle of garam masala, if desired. Enjoy hot with rice or naan.