

# Saag Paneer

## Puréed Spinach with Paneer



### Ingredients

#### Spinach

1 tbsp butter / 2 tbsp vegetable oil  
750g baby spinach, washed  
1-2 green chillies, roughly chopped

#### Masala Sauce

1 tbsp vegetable oil  
1 tsp cumin seeds  
1 large onion, chopped  
1 tsp salt or to taste  
3 cloves garlic, sliced  
3 cm fresh ginger, sliced  
1 tomato, chopped  
1 tbsp dried fenugreek leaves  
1 tsp butter  
250g paneer, cut into cubes

#### To Finish

2 tbsp double cream (optional)  
1 lemon (optional)  
1 tbsp ghee (optional)  
1 tsp chilli flakes (optional)  
butter

### Method

#### Spinach

- 01** Heat the butter or oil in a pan and add the washed spinach. Sauté until the leaves just wilt.
- 02** Once cooled add one or two roughly chopped chillies to the pan and using a hand blender blitz the cooked spinach and chillies in to a smooth paste - set to one side.

#### Masala

- 01** In a second pan heat the oil and add cumin seeds until they are fragrant.
- 02** Add the chopped onions and fry gently over a low heat before adding the salt and garlic. Leave to cook for about 5 minutes until soft.
- 03** Stir in the tomatoes, ginger and the dried fenugreek leaves. Increase the heat and cook to create a thick masala paste.
- 04** Once the tomatoes have broken down add the blended spinach to the pan with a splash of water if necessary, bring to a boil then reduce the heat and leave to simmer for a few minutes. (The mixture shouldn't be watery).
- 05** In a frying pan add the butter with a splash of water, once melted add the homemade paneer and stir. Leave the paneer to heat through (about 2-3 minutes).
- 06** Add the paneer and any butter to the spinach purée and stir gently to coat.

- 07** Stir in the garam masala.

#### To Finish

You can finish the dish in one of three ways:

- 01** Stir in some cream and cook for a minute until the spinach is smooth and creamy, or
- 02** Squeeze in the juice from one lemon, or
- 03** Just before serving, heat some ghee in a small pan. Remove from the heat and add some chilli flakes then immediately pour over the dish.

#### Served with

Serve with roti and lots of butter.

