



SAAG PANEER

RECIPE AND INGREDIENT FACTS SHEET

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[HTTPS://WWW.SERIOUSEATS.COM/CREAMY-VEGAN-SAAG-PANEER-TOFU-RECIPE](https://www.serious-eats.com/creamy-vegan-saag-paneer-tofu-recipe)

What is Spinach?

- Spinach is a green leafy vegetable, that can be consumed raw or cooked.

Nutritional benefits of lentils

- Spinach is a good source of vitamins A, C, and plant based iron. Our bodies absorb plant-based iron differently from animal based iron. Pair your spinach dish with foods high in vitamin C such as citrus fruit, cauliflower, red cabbage, red bell peppers, or strawberries.

Recipe

Instructions

1. Cauliflower Purée: Combine nut milk and cauliflower in a small saucepan. Season with salt and bring to a simmer. Cook until cauliflower is tender, about 10 minutes. Purée mixture using a hand blender or countertop blender. Set aside.
2. Spinach: Heat remaining 2 tablespoons (30ml) vegetable oil in a large saucepan or saucier over medium heat until shimmering. Add garlic, ginger, and chiles and cook, stirring, until fragrant and lightly browned, about 1 minute. Add coriander, cumin, turmeric, and cardamom pod and cook, stirring, until fragrant, about 30 seconds. Add spinach and arugula or mustard greens one handful at a time, stirring and adding more as the greens wilt (see note).
3. Reduce heat to low and cook, stirring occasionally, until greens are fully wilted, about 5 minutes. Stir in cauliflower purée and continue to cook until greens are very tender, about 5 minutes longer. Stir in paneer cubes and heat through. Stir in remaining lemon juice, season with salt, adjust consistency with a little water if necessary, and serve.



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Ingredients

- 12 ounces (350 g) Paneer
- 2 tablespoons (45 ml) vegetable oil, divided
- Kosher salt and freshly ground black pepper
- 6 ounces almond, soy, rice, or cashew milk (2/3 cup; 170 ml)
- 6 ounces cauliflower florets or peeled sunchokes (170 g; about 1/3 of a small head of cauliflower)
- 4 medium cloves garlic (about 20 g), finely minced
- 1 (1-inch) knob ginger (about 20 g), peeled and finely minced
- 1 to 4 green or red Thai chiles (depending on your heat preference), stemmed and finely minced
- 1 teaspoon ground coriander seeds
- 1 teaspoon ground cumin seeds
- 1 teaspoon ground turmeric
- 1 cardamom pod, smashed
- 8 ounces (225 g) baby spinach
- 8 ounces (225 g) arugula or mustard greens, tough mustard green stems removed and discarded (see note)