

Saag paneer (spinach and Indian cheese)

A north Indian classic: blanched spinach blitzed to a smooth, deep-green sauce and folded with golden cubes of paneer. Vegetarian, gluten-free and Richmond-school-night easy.

Prep: 15 min **Cook:** 25 min **Total:** 40 min **Serves:** 4 servings **Spice:** Mild

INGREDIENTS

- 500g fresh spinach (or 350g frozen, thawed)
- 100g mustard leaves or chard (optional, for authenticity)
- 250g paneer, cubed
- 3 tbsp ghee or vegetable oil
- 1 large onion, finely chopped
- 2 tbsp ginger-garlic paste
- 1 green chilli, slit
- 1 tsp ground cumin
- 1 tsp garam masala
- 1 tsp Kashmiri chilli powder
- 100ml single cream
- Salt to taste

METHOD

1. Blanch the spinach for 60 seconds, refresh in iced water, then blitz to a coarse purée.
2. Fry paneer cubes in 1 tbsp ghee until lightly golden; set aside.
3. Heat the remaining ghee, cook onions 8 minutes until golden, then add ginger-garlic paste and green chilli.
4. Add cumin, Kashmiri chilli and garam masala; cook 1 minute.
5. Add the spinach purée and 100ml water; simmer 10 minutes until the raw smell disappears.
6. Fold in the paneer and cream; warm gently, do not boil.
7. Taste, season and serve with hot naan or pilau rice.

CHEF'S TIPS

- Blanching the spinach keeps the deep green colour; long boiling turns it grey.
- If you have time, press the paneer in a tea-towel for 30 minutes before cubing — it crisps better in the pan.
- A teaspoon of kasuri methi at the end lifts the flavour beautifully.

ALLERGENS

Contains: Dairy (paneer, cream, ghee)

Free from: Gluten, Egg, Soy, Peanut, Tree nuts, Shellfish

- Vegan: Replace paneer with firm tofu, cream with oat cream, and ghee with vegetable oil.

TOO BUSY TO COOK?

We cook this in our Richmond kitchen every evening from 4pm. Order collection or delivery at jaflongtandoori.online, or call 020 8332 1339. Catering for 10 to 200 guests:
jaflongtandoori.online/catering/hub