

All About Deepavali...

Palak Paneer

Serve: 4 pax



INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<ul style="list-style-type: none"> • 620g palak leaves, frozen • 1 ½ tbsp canola oil • ½ cup tomatoes, chopped • 310 g paneer cubes • 2 ½ tbsp low-fat yogurt • Herb Mix • Spice Mix • ¼ tsp salt <p><u>Herb Mix</u> 1 ¼ inch chopped ginger, 2 ½ tsp chopped garlic gloves 3 green chilli powder, ½ cup onion</p> <p><u>Spice Mix</u> ⅓ tsp cumin seeds, ⅓ tsp turmeric powder ⅓ tsp chilli powder, ⅓ tsp garam masala</p>	Energy (kcal)	233
	Carbohydrate (g)	8.3
	Protein (g)	18.3
	Fat (g)	12.6
	• Saturated Fat (g)	3.6
	• Polyunsaturated Fat (g)	2.2
	• Monounsaturated Fat (g)	5.7
	Cholesterol (mg)	18
	Dietary Fibre (g)	5.8
	Sodium (mg)	419
	Potassium (mg)	>1132
	Phosphate (mg)	>221

METHODS

1. In a pot, boil 3 cups of water with a dash of salt and blanch the palak leaves for 1-2 mins.
2. Transfer the leaves to a bowl of iced water and leave it in for 1-2 mins.
3. Remove the leaves from the iced water and press to remove excessive water.
4. In a blender, add in the palak, chopped ginger, 1 ½ tsp of garlic and green chillis.
5. Blend the mixture until it forms a smooth puree.
6. In a heated pan, add in 2 tbsp of oil and add in cumin seeds and chopped onions.
7. Once the onions turn golden brown, add in remaining 1 tsp of chopped garlic and fry for 2 mins.
8. Add in ½ cup of chopped tomatoes and fry until it softens.
9. Add in turmeric powder, chilli powder and mix well.
10. Add in pureed palak and ⅓ cup of water.
11. Simmer it for 6-7 minutes or until the pureed palak mixture is cooked.
12. Stir in salt and garam masala.
13. Add in the paneer cubes and mix it in gently before switching off the heat.
14. Stir in 2 ½ tbsp of low-fat yoghurt and serve with wholegrain options such as chapati.

NUTRITION & DIETETICS DEPARTMENT

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