DietCloud – Recipe

Recipe Name: Palak Mushroom Makhani Recipe - Creamy Spinach & Mushroom

Diet Type: Vegetarian

Course: Lunch

Cuisine: North Indian Recipes

Quantity:

Ingredients

Ingredient	Quantity
• 200 grams Button mushrooms - quatered • 500 grams Spinach Leaves (Palak) - washed and chopped • 1 Tomato - chopped or pureed • 2 cloves Garlic - finely chopped • 2 inch Ginger - finely chopped • 2 Green Chillies - slit • 1/2 teaspoon Cumin seeds (Jeera) • 1 inch Cinnamon Stick (Dalchini) • 1 teaspoon Cumin powder (Jeera) • 1/4 teaspoon Turmeric powder (Haldi) • 1 teaspoon Garam masala powder • 2 tablespoons Fresh cream • 1 tablespoon Ghee • Salt - to taste	4

Preparation

• To begin making the Palak Mushroom Makhani Recipe, we will first steam the washed and chopped spinach.
• Add the chopped spinach, tomatoes, green chillies, ginger and garlic into the pressure cooker, add 2 tablespoons water and pressure cook for one whistle.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
540	22	24	42	4	8