

**Recipe Name:** Palak Paneer Recipe - Palak Paneer Recipe  
**Diet Type:** Vegetarian  
**Course:** Dinner  
**Cuisine:** Punjabi  
**Quantity:** 1 bowl



## Ingredients

| Ingredient                           | Quantity |
|--------------------------------------|----------|
| • 250 grams Paneer - Chop            | 4        |
| • 500 grams Spinach - Wash and chop  |          |
| • 1 Tomato - Puree                   |          |
| • 2 cloves Garlic - Tighten          |          |
| • 2 inch Ginger - Tighten            |          |
| • 2 Green Chillies - Cut it straight |          |
| • 1/2 tsp Cumin seeds                |          |
| • 1 / 4 tsp cinnamon powder          |          |
| • 1 tsp cumin powder                 |          |
| • 1/4 tsp turmeric powder            |          |
| • 1 tsp garam masala powder          |          |
| • 2 tbsp cream                       |          |
| • 1 tbsp butter                      |          |
| • salt - as per taste                |          |

## Preparation

- To make the spinach paneer recipe, first wash the spinach thoroughly.
- Cut it after washing and keep it separately.
- Heat the water in a saucepan.
- After boiling add spinach and turn off the gas.
- Allow the spinach to remain in hot water for 2 to 3 minutes.
- R.

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|-----------------|-------------|-----------|---------|-----------|-----------|
| 420             | 28          | 12        | 32      | 4         | 6         |