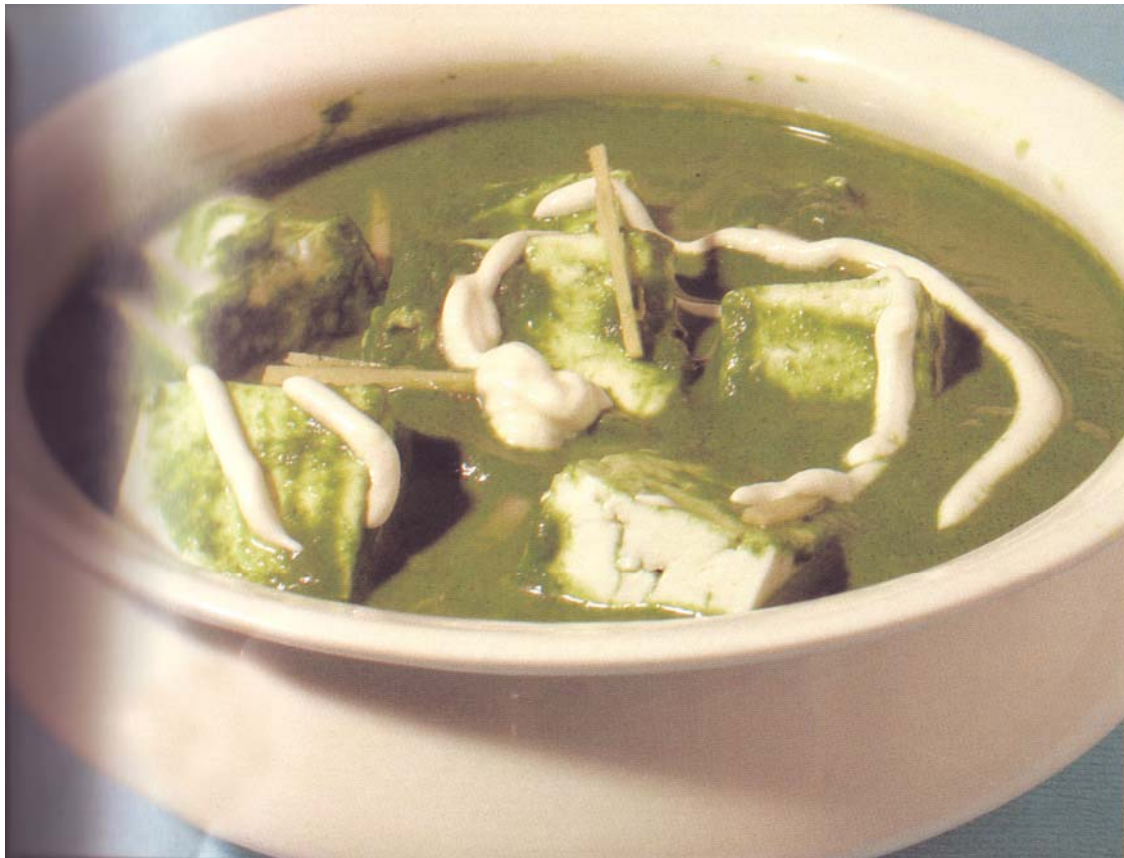


## Recipe

### **PALAK PANEER**

## By

**Bhaktivedanta Hospital – Diet department**



## Ingredients

Spinach..... 2 large bunches  
Cottage cheese (*paneer*)..... 200 gms  
Green chilies..... 2-3  
Oil..... 3 tbsp  
Cumin seeds..... ½ tsp  
Salt..... to taste  
Lemon juice..... 1 tbsp  
Fresh cream..... 4 tbsp

## Preparation

1. Remove stems, wash spinach thoroughly in running water. Blanch in salted boiling water for two minutes. Refresh in chilled water. Squeeze out excess water. Remove stems, wash and roughly chop green chilies.
2. Grind spinach into a fine paste along with green chilies.
3. Dice *paneer* into one inch by one inch by half inch pieces.
4. Heat oil in a pan. Add cumin seeds. Fry until they begin to change color. Add the spinach puree and stir. Add water if required.
5. When the gravy comes to a boil, add the *paneer* and mix well. Stir in lemon juice. Finally add fresh cream.
6. Serve hot.

For further details please contact

vaidehi\_nawathe@sify.com, indrayani.h@gmail.com

[www.iskcondesiretree.com](http://www.iskcondesiretree.com)

Hare Krishna Hare Krishna Krishna Krishna Hare Hare  
Hare Rama Hare Rama Rama Rama Hare Hare