



Arvinda's

artfully created Indian spice blends



Saag Paneer

Indian pressed cheese with spinach. For convenience use [Arvinda's Curry Masala Base](#) for this recipe. Paneer is available at most Indian grocery stores or visit our blog www.ATeaspoonOfTurmeric.com to make your own from scratch.

Ingredients:

1 cup	paneer, cubed
1	bunch spinach, finely chopped
1 tbsp.	oil *
1	medium onion, finely chopped *
¼ cup	ground or crushed tomatoes, canned *
1 ½ tbsp.	Arvinda's Curry Masala *
1 tsp.	sea salt OR salt to taste
1 tsp.	sugar
½ cup	light cream
¼ cup	ground almonds or cashews (optional)
½ cup	water
¼ cup.	cilantro, finely chopped to garnish
½ tsp.	Arvinda's Garam Masala , to garnish

Time saving tip:

Substitute ingredients marked with an * for ½ cup

Arvinda's Curry Masala Base

Recipe is available to download at:

www.arvindas.com/recipes.htm

Method of Preparation:

In a heavy bottom pan, heat oil on medium high and fry onions until caramelized, approximately 10 minutes. Add ground tomatoes and fry for 2-3 minutes. Add **Arvinda's Curry Masala** and mix.

If using Arvinda's Curry Masala Base: In a heavy bottom pan, heat ½ cup **Arvinda's Curry Masala Base** on medium heat.

Add sugar and mix. Add spinach and cook until wilted. Fold in paneer. Add cream and almonds. Add salt to taste. Stir. Cover and cook for 10 minutes or until the sauce has thickened. Add water. Simmer for another few minutes. This dish should have a thick creamy sauce. Garnish with cilantro and **Arvinda's Garam Masala**. Serve with Indian flatbreads and rice. **Serves 2-4.**