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My Palak Paneer

Palak Paneer is one of my favourite curries, and I love varying the spices, and working to create excellence each and every time. This time I particularly enjoyed playing around with the spices. The result – a Heavenly palak paneer with loads of flavour, and a nice bite. Serve with basmati rice, chopped fresh mango (I would almost go as far as to say it's obligatory to do so), and crispy chilli

popadoms.

See my recipe for Paneer on my [YouTube channel](#) – you can prepare this a day in advance. If not, by all means use tofu cut into cubes, but my vegan paneer is infinitely better in taste, and as real as the dairy one.

INGREDIENTS

1 medium sized white onion, roughly chopped

1 inch of fresh ginger, peeled and roughly chopped

4 garlic cloves, roughly chopped

1 red chilli, chopped (seeds and all)

3-4 Tbsp olive oil, or refined coconut oil

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Share $\frac{1}{4}$ tsp fenugreek

tsp sea salt

tsp coriander

tsp cardamom

$\frac{1}{8}$ tsp asafoetida

$\frac{3}{4}$ tsp ground turmeric

$\frac{1}{2}$ tsp cayenne pepper

$\frac{3}{4}$ tsp ground cumin

1 tsp garam masala

2 tsp agave nectar

$\frac{1}{4}$ tsp panch puren (I add it to many of my curries as I find it goes with most, and imparts a unique and more-ish flavour)

3-4 cups frozen spinach squares, thawed – process the spinach and set aside

½ cup cashew nuts and ¾ cups water, processed into a milk

4 tomatoes, cut into wedges

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Share extra chopped coriander for garnishing

METHOD

1. Process your onion, garlic, ginger and chilli, until they become small pieces to the eye.
2. Heat up your oil and fry this mixture.
3. Next, add the tomatoes and all the spices, mix thoroughly for a few minutes.
4. Now add the remaining ingredients, except for the cashew milk, and only half of the spinach – stir well and cook for a further 15 minutes to be sure all the spices consolidate with each other.
5. Meanwhile, process the cashew milk and the other half of the spinach together, and slowly start pouring a little bit of it in the saucepan, every 5 minutes or so.
6. Simmer gently for 20 minutes.
7. Taste for seasoning, then add the paneer squares (tofu squares will do if you have not made the paneer, but paneer is infinitely better in taste and texture).
8. Garnish with freshly chopped coriander.



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reek Cypriot Savoury
Pie Cake/Bread
"Liopita"

All in One EPIC Christmas
Stew



12 COMMENTS



Laura

November 22, 2017 at 3:55 am

Hi Miriam, your recipes look amazing! I have not tried any of them yet. I have been a vegetarian for over 20 years, but vegan for only the last few months. I am going to Thanksgiving dinner at my family's house. They are Greek and all meat eaters. Can you recommend a dish I could make—one of your favorites—that will taste delicious and maybe even impress my family?



Miriam

November 22, 2017 at 9:23 pm

Hi Laura, I suggest you make my 'Baked Stew Like My Mamma Used To Make' and the Orzo with mushrooms – the Olive bread is simple to make, and they would love to have it with the stew – followed by my Galaktoboureko. You can always add some fake meat in with the stew depending on which brands are available, but it's not a must, just a cruelty

free idea/thought. Be sure to have a nice greek salad on the side and also make my hummus ! These are all very easy recipes to prepare – they're filling, a little festive and a feast for the eyes and senses. That is my honest suggestion for you and your family. The link here is for the savoury Greek dishes I have recommended. The hummus you can also find on my blog under dips.

3 <http://www.mouthwateringvegan.com/vegan-life-magazine/greek-vegan/>
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C.Fo

March 16, 2018 at 5:18 am

This is very similar to my friends recipe! And your vegan paneer is amazing. Its worth the effort to get one that tastes like the dairy version. I added kale as well as spinach for an added energy kick. Thanks again!



Miriam

March 17, 2018 at 12:52 pm

Glad you enjoyed it C.Fo



Peter

April 20, 2018 at 1:23 pm

Hello Miriam,

I recently went vegan. A friend of mine shared your video of how to make the almond milk ricotta and you had me hooked! I bought Mouthwatering Vegan and it is true to its title! I made the Orange and Chocolate Knockout Curry last week and it was AMAZING! You make this very easy. Palek Paneer is one of my all time favorite curries. I will have to make this. Thank you for your continued work and sharing it!

**Miriam***April 20, 2018 at 3:53 pm*

Hi there Peter, and welcome here. Thanks for your comment. Love your work by the way, especially this piece <https://www.petercunicelli.com/gallery-1/item-id-5a3074fd0e476> Meantime, congrats for going vegan and let me know how the ricotta works for you with the Palak curry ! Stay cool, stay vegan ! 😊

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Hi Miriam,

Thank you! No animals were harmed in making those plates. 😊

I've made your ricotta before. I've used it spread on bread. Next time I have people over, I plan on mixing it with some seasonings and crackers or bread. My question is; do you further let the ricotta drain to firm it up? When I made it, it was a little thicker than dairy ricotta. I have to make the ricotta this week and then the palak paneer. Friends of mine are getting the panch puren.

My greatest challenge to being vegan is Indian and Ethiopian foods. I work with a number of Indian people and if we do a group lunch, they bring in homemade food. It's amazing. The Ethiopian a little less, but I loved having Kinche after eating lentils in a hot berbere.

Thank you again! I'm a big fan.

**Miriam***April 22, 2018 at 10:10 pm*

Hi Peter, thanks for sharing that with me. The more you drain off the ricotta curds, the denser the result will be. Don't know if you're on fb, but shared a post on one of my pages, and in it is the picture of some plain rustic looking plates – here is the link for them

<https://www.facebook.com/221407704561965/photos/a.222720237764045.51147.221407704561965/1705506752818712/?type=3&theater> If you can

either make such pieces or know where one can acquire them, I would be grateful. Thanks, and hope you continue to enjoy my ricotta/paneer. 😊

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Milda

May 3, 2018 at 6:49 pm

What?? Vegan paneer??? Where can I find the recipe? Been looking for it for ever... Is the recipe on your website? (I couldn't find it)



Miriam

May 3, 2018 at 7:49 pm

Milda Hi there – here is the link for you : <https://www.youtube.com/watch?v=vxw-41grWuw> Enjoy !



Peter

May 9, 2018 at 9:16 am

Hi Miriam, I apologize, I just saw your reply. Having my nephew and his French fiance over for dinner and thought this Palak Paneer would be a good dish! I have a 5lb bag of fresh spinach. I know you said frozen, so I think I'll freeze most of it tonight. 😊

The plates are gorgeous. I can look around, but my work is more vessels, lidded, or open.



Miriam



May 13, 2018 at 3:35 pm

Hi Peter, how did the Palak Paneer dish work out ? Was delayed in logging in as have been engaged in other food related commitments. Thanks all the same and hope you continue using and enjoying the recipes on my blog, and YouTube ! Cheers !

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