



Palak Paneer Recipe (Diabetic Friendly)

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- 1/2 1/2 Teaspoons Oil
- Teaspoon Cumin Seeds
- Onion
- Teaspoon Ginger-Garlic Paste
- Tomato (Medium, Chopped)
- gms Spinach
- Cups Water
- Green Chillies (Chopped)
- 1/2 1/2 Teaspoon Turmeric Powder
- Teaspoon Red Chilli Powder
- gms Paneer
- Pinch Salt (To Taste)
- Inch Ginger (Cut Into Strips)

Instruction

1. Prepare ingredients as mentioned in the list.
2. Boil the spinach in 1 cup of water till the leaves are wilted. Drain the water and grind the spinach leaves into a fine paste. Keep it aside.
3. Heat oil in a karahi, add cumin seeds and when they splutter add chopped onions and fry till golden brown. Add ginger garlic paste and fry for 5 minutes. Now add the tomatoes and sauté till soft.
4. Add green chillies, turmeric powder and red chilli powder. Fry for a minute, till the masalas are well mixed.
5. Add pureed spinach and the remaining 1 cup of water and MAGGI Masala ae Magic. Mix well, cover and cook for a minute on low flame. Add the paneer pieces, mix well and simmer for 5 minutes. Add salt to taste.
6. Garnish the dish with ginger juliennes. Serve hot

Nutrition

Carbohydrates	25.16 g
Energy	238.49 kcal
Fats	8.47 g
Protein	12.81 g

31 Minutes

4 Servings