

Recipe Card: Vegan Palak Paneer

Ingredients:

- Firm tofu = 400 gm (0.88 pounds)
- Unsalted cashews (1/2 cup for low fat, 1 cup for richer gravy)
- Frozen spinach= 250 gm (0.55 pounds) (fresh spinach = 400 gm approx. = 0.88 pounds approx.)
- Red onion = 1
- Garlic = 2 cloves chopped
- Fresh curry leaves = 8-10
- Cumin powder = 2 tbsp
- Coriander powder = 2 tbsp
- Mustard seeds = 1/2 tsp
- Salt to taste = 1 - 2 tbsp (according to your taste)
- Fresh green chilli (Optional)

Method:

Soak cashews for at least 2 hours once soaked drain, rinse place in blender with 1 cup water and blend until smooth.

Place cashew cream in a bowl, add your cubed tofu pieces. Then cover and refrigerate overnight. No salt should be added at this point as it will draw moisture out of the tofu, which is the opposite of what we are trying to achieve.

Blend your spinach with 1 cup of water until completely smooth and set aside.

Heat your non-stick pan until hot, then add your mustard seeds, once they start popping add your curry leaves, onions, garlic and chilli(optional) and brown. Once the onions are brown add ¼ cup water to deglaze the pan.

Add the spinach paste to the pan, then fill the blender with ½ water, swirl around to release the remaining spinach and then add this to the pan. Then add the cumin powder, coriander and salt and stir for 1-2 minutes.

Add tofu and cashew cream and stir. Simmer for 20 minutes on low heat.

Serve with steamed rice.