

Palak Tofu (Palak Paneer)



Ingredients

- 500g / 1lb tofu (or paneer, halloumi, cheese curds, etc)
- 1kg / 2lb fresh spinach
- 1 large onion, chopped
- 1/2 cup chopped tomatoes
- 1 tbsp minced garlic
- 1 tbsp minced ginger
- 1/4 cup garam masala
- coconut milk (or milk, or Greek yoghurt)

Method

1. Wash spinach and then sauté until wilted. You may need to do this in batches. Set aside in a large bowl.
2. Sauté onions with garlic, ginger, and garam masala.

3. Add tomatoes and a little water and cover until the onion is soft.
4. During Step 3, cut tofu (or cheese) into cubes.
5. Transfer onion/tomato/spice mix into the bowl and blend. Add milk gradually as you do this until you reach your preferred sauce consistency.
6. During Step 5, sauté tofu (or cheese).
7. Add sauce back to tofu and cook on low until it begins to bubble.

Notes

Serve over rice.

Makes 10-12 servings as a main over rice. To meal prep, freeze after Step 5. When ready to eat, defrost, sauté tofu, and complete Step 7.

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