

Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in
"Foodie Thursday".



Palak Paneer – Spinach and Curd Curry with easy Basmati Rice



Ingredients – serves 4 people

1 pack Frozen Spinach (approx. 250gm – defrosted and drained)
5 Tbsp oil
1 small onion (roughly chopped)
4 large garlic cloves (crushed)
2 inch ginger (peeled and roughly chopped)
1 Tsp chili flakes
1 Tsp garam masala
½ Tsp turmeric
½ cup whipping cream

1 tin chopped tomatoes (strained of juice)
1 pkt paneer cubes (frozen)
Salt & Black Pepper to taste

1 cup Basmati White Rice (cleaned under running water, soaked for at least 30 minutes)
1.5 cups Water (use 1 cup if rice is soaked for more than 30minutes)
½ tsp Lemon Juice (optional)

Method

Blend the onion, garlic and ginger together until a smooth puree is achieved.
Heat a saucepan then add 3 Tbsp of the oil and then add the pureed onion, garlic and ginger. Cook over a medium/high heat until the liquid is evaporated, and the puree starts to sauté.
Add the dry spices and stir frequently to prevent sticking and burning.
Add the tomatoes then bring to a gentle boil.
Add the spinach and stir as the spinach gets hot.
Add the whipping cream and bring to a gentle boil.
Reduce the heat to a gentle simmer.

Place soaked rice and water into a pan then bring to the boil.

Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in
“Foodie Thursday”.



Stir in the lemon juice if using.

Cover the pan with a lid and reduce the heat to a gentle simmer.

Cook for approx. 8 minutes.

Heat a non-stick pan over a high heat and then add the remaining 2 Tbsp of oil. Add the paneer cubes.

Once they have browned on one side, carefully turn them over.

Repeat until browned on 4 sides then turn the heat off.

Taste the palak mixture and seasoning to taste with salt & black pepper.

Add the browned paneer and stir through.

Test the rice to see if it is cooked – once it is soft but with a bite, remove the lid and allow to stand for a minute to release the steam.

Serve family style in big bowls in the centre of the table with lemon wedges.

Enjoy with paratha/naan bread, pickles or chutneys on the side.

Notes from the chef:

The sauce may be made in advance but re-heat very gently or the spinach and cream may burn and become bitter.

Traditionally, ghee is used which gives a richness to the sauce. This recipe is much lighter which I think allows the flavours to shine through more cleanly.

The intensity of the spice can be increased or reduced to your personal taste – increase or decrease the chile level accordingly.

Soaking the rice reduces the cooking time but it is important to allow the cooked rice to stand with the lid removed once cooked whether you soak or not.

Blending the onion, garlic and ginger speeds up the cooking process but if you have more time then you can slice the onion and ginger thinly and dice the garlic.

You can also use fresh tomatoes (remove the seeds) and dice them, they will need slightly longer cooking time.

Tbsp - tablespoon

Tsp - teaspoon