



Indian Cheese and Red Peppers in Fragrant Spinach Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

SIDE DISH

Ingredients

- ☐ 4 servings fromage fraise with 8 cups milk (see tips, below) or 8 ounces farmer's cheese or 2 cakes of tofu, sliced as paneer (paneer)
- ☐ 1 teaspoon coarse salt to taste
- ☐ 2 tablespoons ginger fresh grated crushed
- ☐ 2 teaspoons garam masala (see tips, below)
- ☐ 1 bell pepper sweet green cored seeded
- ☐ 4 to 2 chilies slit green hot minced
- ☐ 1.5 cups onion finely chopped

- ☐ 2 medium size bell pepper sweet red cored seeded cut into 1-inch-wide strips
- ☐ 2 cups pkt spinach cooked
- ☐ 0.5 teaspoon turmeric
- ☐ 6 tablespoons vegetable oil light
- ☐ 0.5 cup water

Equipment

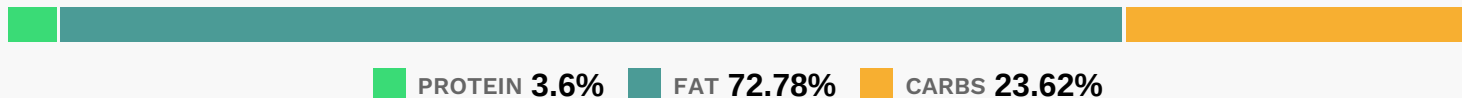
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ pot
- ☐ blender
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Lay the paneer, farmer's cheese, or tofu pieces in a single layer on a cookie sheet lined with paper towels and let dry for 10 minutes (this will enable them to hold their shape better during cooking).
- ☐ Puree the spinach and green pepper together in a food processor or blender. The puree should be as fine and velvety as you can make it.
- ☐ Heat 4 tablespoons of the oil in a large, heavy, nonstick pan over medium heat. Dust the paneer pieces lightly with flour and add them to the pan. Fry them in batches, turning and tossing them until they turn light golden (about 2 or 3 minutes per batch). Watch carefully to ensure that they do not burn. Take them out and put on a dish and set aside.
- ☐ Add 2 more tablespoons of oil to the same pan, along with the onion. Fry the onion, stirring constantly, until brown (about 20 minutes).
- ☐ Add the ginger and fry for an additional 2 minutes.
- ☐ Add the turmeric and green chilies, stir for a few seconds, then add the spinach puree along with 1/2 cup water, salt, and sweet red peppers.

- ☐ Mix well and bring to a boil. Lower heat and cook, covered, for 2 minutes.
- ☐ Add the fried paneer pieces, mix again thoroughly, and continue cooking for 2 more minutes. Stir in the garam masala.
- ☐ When ready to serve, heat thoroughly and, if desired, fold in the remaining 2 tablespoons of oil to glaze and mellow the sauce.
- ☐ • Indian cheese is available at many Indian markets. To make it from scratch: Bring 8 cups whole milk to a boil.
- ☐ Add 3 tablespoons lemon juice and reduce heat. Keep liquid at a gentle boil until white curd separates from yellow whey, then remove from heat and pour through a colander lined with cheesecloth. Hold colander under cold water and rinse the curds, then gather corners of cheesecloth together and twist to remove excess liquid. Hang the bundle to drain for an hour, then place it on a work surface and weigh it down with a heavy object (such as a large pot filled with water) for half an hour.
- ☐ Remove the cheesecloth and cut the cheese into small cubes. Keep refrigerated, submerged in water, until needed, up to 4 days. • Garam masala, an aromatic north Indian spice blend that includes cinnamon and cloves, is available online at www.ethnicfoodsco.com.
- ☐ Reprinted with permission from Classic Indian Vegetarian and Grain Cooking by Julie Sahni ©1985 William Morrow and Company, Inc.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:2.23, Inflammation Score:-10, Nutrition Score:18.275652336038%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 13.57mg, Quercetin: 13.57mg, Quercetin: 13.57mg, Quercetin: 13.57mg

Nutrients (% of daily need)

Calories: 250.37kcal (12.52%), Fat: 21.01g (32.32%), Saturated Fat: 3.26g (20.39%), Carbohydrates: 15.34g (5.11%), Net Carbohydrates: 10.44g (3.8%), Sugar: 7.39g (8.21%), Cholesterol: 0.33mg (0.11%), Sodium: 755.46mg (32.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Vitamin C: 114.37mg (138.63%), Vitamin K:

115.36µg (109.87%), Vitamin A: 3380.77IU (67.62%), Vitamin E: 3.05mg (20.35%), Fiber: 4.9g (19.6%), Folate: 71.33µg (17.83%), Vitamin B6: 0.35mg (17.56%), Manganese: 0.34mg (17.2%), Potassium: 369.86mg (10.57%), Magnesium: 30.26mg (7.57%), Vitamin B2: 0.11mg (6.19%), Vitamin B1: 0.09mg (5.98%), Iron: 1.02mg (5.68%), Phosphorus: 48.03mg (4.8%), Vitamin B3: 0.94mg (4.71%), Copper: 0.09mg (4.36%), Calcium: 38.05mg (3.81%), Vitamin B5: 0.31mg (3.09%), Zinc: 0.4mg (2.64%)