

Spinach and cheese curry

Cuisine: **Indian**
Food category: **Vegetables**



Author: **Jaroslav Mikoška**

Company: **Retigo**



Program steps

Preheating: 105 °C

1

 Steaming

 Termination by time

 00:05 hh:mm

 99 °C

 70 %



Ingredients - number of portions - 8		
Name	Value	Unit
paneer	400	g
spinach leaves	2	kg
green chilli	3	pcs
garlic cloves, finely chopped	12	pcs
clarified butter	50	g
double cream	100	ml
lime juice	1	pcs

Directions

1. Clean the spinach from its stems and rinse.

2. Steam at 80°C for 5 minutes or until soft.

3. Blend, adding chili, salt and water until a creamy consistency is reached.

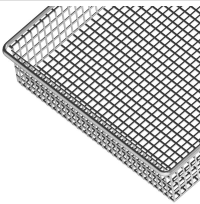
4. Meanwhile, lightly sauté the garlic and cumin in ghee.

5. Combine the garlic and cumin to the spinach sauce and add the lime juice and cubed paneer.

6. Finish with a drizzle of cream and serve.

Nutrition and allergens	
Allergens:	
Minerals:	
Vitamins:	
Nutritional value of one portion	Value
Energy	289.1 kJ
Carbohydrate	1.8 g
Fat	21.4 g
Protein	15.5 g
Water	0 g

Recommended accessories



Vision Frit