

Ingredients

- Bunches of fresh greens (see below)
- 3 TBS ghee
- 1 tsp cumin seeds
- 1 TBS chopped garlic
- 3-4 dried red chillies
- 1 onion, finely chopped
- 1 tomato, finely chopped
- 1 tsp coriander seeds
- 1 tsp garam masala powder
- 2 cups of paneer cheese

Instructions

PROCESS the GREENS:

- Small bunch of spicy mustard greens
- Small bunch of dandelion greens
- Small bunch of winter kale (baby leaves, no stems)
- Handful of collard greens (these are much larger, so only a few are needed)
- Bring a large pot of water to a boil.
- Blanche the chopped greens in batches.
- Cool each batch in ice water promptly. Squeeze and set aside.
- Not only will the greens be a radiant bright green color, their flavor will not be all cooked out by over-boiling.
- Once it's cooled down, puree it in a cuisinart.

CREATE the SAUCE:

- Heat a saucepan.
- Add ghee, cumin seeds, garlic, red chillies and saute for 3-4 minutes.
- Add onions and saute it until it turns soft.
- Add tomato, cook it till they are soft.
- Add coriander powder, garam masala, and mix well.

MIX TOGETHER:

- Now add the pureed greens.
- Add salt to your preferred taste.
- Cut the paneer into cubes, add to the saucepan and cook on medium flame for 4-5 minutes.
- Serve with a garnish of heavy cream or a dollop of yogurt. (both of these are optional)



Palak Paneer



In the Spring, we are gifted with spicy, bitter greens such as arugula, mustard greens, dandelion greens, kale, and radish. These foods act on us in two ways: they improve our blood and exfoliate our digestive system. When we have healthier blood, it means that the nutrients that rely on transportation through our circulation can get where they are meant to go more easily. When our digestion is clean, clear and working optimally, our inner vitality will match the outer vitality we see surging through nature.

Right now in my garden, last year's mustard greens, collards, chard, and kale have been alive and well through the winter. That means that the mustard greens are VERY spicy right now! While my garden doesn't have dandelions (really!), my local grocery store does. I pick up my dandelion greens from them and, with a harvest mustard greens, winter kale, and collards, I make a contemporary version of Palak Paneer.

Eating for Healthy Digestion

Visit our social media pages and website for more Ayurvedic Recipes. Print and keep them too.

hungerhopeandhealing.com