
Saag Paneer

Recipe source: *Stephanie Alexander, Fresh, P189*

Fresh from the garden silverbeet, lemons, Tuscan Kale, Kale, green beans, spigarello, chillie, celery, garlic, parsley.

<u>Equipment</u>	<u>Ingredients</u>
4 Chopping boards	Paneer (see recipe)
4 Knives	4cm piece of ginger, peeled and chopped
Colander and plates	6 garlic cloves, peeled
Tea towels	2 long hot chilli, roughly sliced (optional)
Measuring cups	3 tablespoons whey (from paneer) or water
Measuring spoons	160 ml (2/3 cup) olive oil
2 Frypans	1kg green leaves spinach, silverbeet, kale or broccoli, spigarello
Spatula x 2	Green beans
Plates	Salt
4 large Bowls	
4 small bowls	

What to do

Wash the greens, leave them wet and put into a colander on a plate.

Remove the leaves from the tough stems. Cut the small stems into pieces.

Roughly chop the leaves, set aside in bowls.

Cut the beans into small pieces.

Peel and roughly chop the ginger.

Roughly chop the chilli (if using)

Put the ginger, garlic and chilli in a food processor with 3 tablespoons of whey (reserved from making the paneer or water).

Blend to a paste, then scrape into a small bowl until needed.

Cut paneer into small pieces, (carefully it will be soft)

Heat the oil in the frypan on medium heat and quickly fry the pieces of paneer.

Turn the paneer to brown both sides. Allow no more than a minute on each side. Using a spatula, transfer the paneer to a resting plate.

Heat the oil again and scrape the spice paste into the pan. It will spit so be careful!

Stir the garlic mix for 30 seconds, then pile in all of the washed and still wet greens.

Allow the greens to start to wilt. Give them a good stir, then cover with the lid, reduce the heat to low and cook for 15 minutes.

Add the paneer, stir lightly to mix through the greens, cover and cook for another 5 minutes. Check for salt.

Spoon onto serving plates.

Serve with Indian flatbread. ENJOY!