

Restaurant Style Palak Paneer Recipe | Creamy Spinach Paneer

Make a creamy Palak Paneer Recipe with vibrant spinach gravy, lightly fried paneer and a flavorful garlic-ghee tempering. Serve it hot with roti or naan.



Prep time
15 minutes

Cook time
30 minutes

Total time
45 minutes

Servings
4

Calories
350 kcal

Ingredients

Spinach	About 2 bunches
Paneer	As required
Green Chillies	3-4
Onion	As required
Garlic	As required
Tomatoes	2
Cumin Seeds	½ tsp
Kashmiri Red Chili Powder	½ tsp
Coriander Powder	1 tsp

Besan	2 tsp
Kasuri Methi	A little
Salt	To taste
Sugar	A small amount
Oil	As required
Water	About 1 glass for gravy

Method

- Heat Water**
Heat 2–3 glasses of water. Add a little salt and sugar.
- Blanch Spinach**
Add spinach and green chilies. Boil for only 2–3 minutes.
- Ice Bath**
Transfer the spinach immediately to ice-cold water.
- Fry Paneer**
Lightly fry the paneer pieces in a little oil.
- Blend Spinach**
Blend the cooled spinach into a smooth puree.
- Sauté Aromatics**
Heat oil. Add cumin, onion and garlic. Cook until lightly golden.
- Add Spices**
Add Kashmiri chili powder and coriander powder.
- Roast Besan**
Add 2 teaspoons besan. Roast it thoroughly.
- Add Spinach**
Add the spinach puree and mix gently.
- Add Tomatoes**
Add puree made from two tomatoes.
- Add Paneer**
Add the lightly fried paneer and mix.
- Adjust Gravy**
Add approximately one glass of water or adjust as required.

13. Add Kasuri Methi

Crush and add a little kasuri methi.

14. Cook Briefly

Cover and cook for 1–2 minutes.

15. Prepare Tadka

Heat ghee with garlic, ginger and dried red chili. Finish with Degi Mirch.

16. Serve

Pour the hot tadka over the curry and serve.

Chef tips

- Do not overcook the spinach. Transfer it to ice water immediately after boiling. Lightly fry the paneer instead of making it hard. Roast the besan properly. Adjust the water according to your preferred gravy consistency. Add the hot garlic-ghee tadka at the end.

Full recipe: <https://meenrazcooking.com/en/recipe/palak-paneer-recipe/>

Watch the video: youtube.com/watch?v=HrstMzYVMrs