



## Tassievore Palak Paneer

### Ingredients

A large bunch of fresh spinach or silverbeet  
1-2 onions, finely chopped  
2 garlic cloves, crushed  
1 heaped tsp each of Fenugreek and Cumin  
500g homemade Paneer or Tassie Haloumi  
3-4 diced tomatoes or equivalent preserved  
1 small chilli (optional)  
a handful coriander (chopped)



### Method

Lightly wilt the spinach/silverbeet leaves in a saucepan (uncovered to maintain the bright green colour) with garlic.  
Once cooled blend in blender until liquid paste.  
Add Fenugreek and Cumin to a frypan, onion and paneer (homemade using Tassie dairy products or substitute local Haloumi cheese)  
Once onion is translucent, add tomato.  
Stir in blended spinach, more chilli and garlic to taste  
Stir in fresh shredded coriander.  
Serve with quinoa, or homemade Naan bread.

