

# 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 %

X

## 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

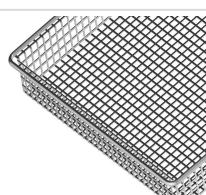
Allergens:

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