INDIAN · LUNCH · DINNER

Palak Tofu (Vegan Palak Paneer)

35 min · Serves 4 · 297 kcal a serve · Video 6:44 · Curries With Bumbi

Vegan · Gluten-free ingredients · No nuts listed

Tofu and spinach give about 22 g of protein a serve and make it rich in calcium, iron and folate, with more than a day's vitamin K from the greens. No cream or paneer, so only about 2 g of saturated fat.

Diet notes: Low saturated fat (2 g, 6% of the energy).

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Ingredients 16 · SERVES 4

- [ ] 1 pack (14 oz) **firm tofu**, pressed and cut into large cubes
- [ ] ½ tsp **salt** for the tofu + 1 tsp in the gravy
- [ ] ¼ tsp **freshly crushed black pepper**
- [ ] 1 tsp **lemon or lime juice** for the tofu + 2 tsp to finish
- [ ] 11 oz **fresh spinach** (palak), roughly chopped
- [ ] ¼ tsp **turmeric** in the blanching water + ¼ tsp in the gravy
- [ ] 2 oz **coriander leaves** with stalks
- [ ] 2–3 tbsp **mustard oil** (or any oil)
- [ ] 1 tsp **cumin seeds**
- [ ] 2 tsp **coriander powder**
- [ ] 1 medium **onion** (8 oz), sliced
- [ ] 20 **garlic** cloves (1½ oz), chopped
- [ ] 1 **green chilli**, chopped (optional)
- [ ] 2 small **tomatoes**, chopped
- [ ] ½ cup **water**, to rinse out the blender
- [ ] ½ tsp **sugar**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Soy, Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Drain and rinse the tofu, wrap in paper towel for 5 minutes, cut into large cubes and toss with ½ tsp salt, the pepper and 1 tsp lemon or lime juice. Marinate 10 minutes. 0:46
2. Bring a pot of water to the boil with ¼ tsp turmeric. Add the spinach and boil uncovered for exactly 2 minutes, then plunge into iced water for a minute to keep it bright green. Drain. 1:32
3. Blend the spinach with the coriander leaves and stalks to a fine paste. 2:41
4. Heat the oil until just smoking, lower to medium and crackle the cumin seeds. Add the sliced onion and cook until soft, then the garlic and green chilli until the garlic turns a little brown. 3:05
5. Add the tomatoes, raise the heat and cook until mushy. Lower to medium, add ¼ tsp turmeric and the coriander powder with a splash of water so the spices do not burn. 4:22
6. Add the tofu and stir gently to coat, then 1 tsp salt and the spinach paste. Rinse the blender with ½ cup water and add it. Keep the pan uncovered. 4:54
7. As soon as it comes to a boil, add the sugar and 2 tsp lemon or lime juice, stir once and take off the heat so the gravy stays green. Serve with rice or roti. 5:35

Tip Serves 4 (our estimate). Paneer works the same way; skip the marinade. Do not cover the pan or simmer long after adding the spinach or it turns dark. Stir in a spoon of coconut milk at the end for extra richness.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
297 kcal	**22** g	**19** g	**6.5** g	**18** g	**960** mg
1,240 kJ	44% of a day	12 g net · 4.9 g sugars	23% of a day	2 g saturated	42% of a day
		7% of a day		23% of a day	

Energy from net carbs 16% · protein 30% · fat 54% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 369% · Omega-3 93% · Calcium 63% · Folate 53% · Vitamin A 49% · Vitamin C 49% · Iron 37% · Selenium 36% · Magnesium 34% · Vitamin B6 31% · Vitamin E 26% · Zinc 23% · Potassium 22%

Recipe and video: Curries With Bumbi (@CurriesWithBumbi) on YouTube — youtube.com/watch?v=9ZE2yNyG6is, published 1 February 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/palak-tofu-vegan-palak-paneer