Dinner, Indian

Creamy Spinach and Mushroom Curry

Tender mushroom cubes and smooth blended spinach simmer with whole and ground spices, finished with a swirl of fresh cream in this warming North Indian curry.

40 min	81	7.3 g	3.9 g
time	calories	carbs	sugars



Freezer safe

Ingredients, 4 servings

- [ ] 6 cups chopped spinach (palak)
- [ ] 2 cups mushroom (khumbh) cubes
- [ ] 2 tsp oil
- [ ] 1 tsp cumin seeds (jeera)
- [ ] 2 clove (laung / lavang)
- [ ] 1 bay leaf (tejpatta)
- [ ] 1 tsp garlic (lehsun) paste
- [ ] 1/2 tsp ginger (adrak) paste
- [ ] 1/2 tsp green chilli paste
- [ ] 1/2 cup finely chopped onion
- [ ] 1/4 cup finely chopped tomato
- [ ] 1/2 tsp kasuri methi (dried fenugreek leaves)
- [ ] 1/2 tsp garam masala
- [ ] 1 tsp red chilli powder
- [ ] 1 tsp coriander-cumin seeds (dhania-jeera) powder
- [ ] salt (namak) to taste
- [ ] 1 tbsp fresh cream

Nutrition Facts

Per serving

Calories	**81**
Total fat	4.6 g
Saturated fat	Not listed
Sodium	65 mg
Total carbs	7.3 g
Fiber	3.4 g
Total sugars	3.9 g
Protein	3.3 g

Method

- [ ] 1 Start by preparing the spinach purée for the palak mushroom sabzi. Set a deep pan of water over heat until it comes to the boil, then tip in the chopped spinach. Give it a good mix and let it cook for 2-3 minutes.
- [ ] 2 Pour off the water and run the strainer holding the spinach under a cold tap to refresh the leaves. Once they have cooled completely, move them into a blender and blitz into a smooth purée.
- [ ] 3 Warm the oil in a deep non-stick kadhai and sprinkle in the cumin seeds, letting them sizzle for a few seconds. Then drop in the cloves, bay leaf, garlic paste, ginger paste and green chilli paste together with the finely chopped onion, and sauté the mixture over a medium flame for 2 minutes.
- [ ] 4 Tip in the finely chopped tomato next and keep sautéing on the medium flame for 1 to 2 minutes.
- [ ] 5 Follow with the mushroom cubes, stirring them over the same medium flame for 1 to 2 minutes.
- [ ] 6 Pour the spinach purée into the pan and scatter the kasuri methi (dried fenugreek leaves) over it, then add the garam masala, red chilli powder, coriander-cumin seeds powder, fresh cream and salt. Stir until everything is well combined.
- [ ] 7 Let the sabzi simmer on the medium flame for 2 minutes, giving it an occasional stir as it cooks.
- [ ] 8 Serve the finished sabzi piping hot alongside tandoori roti.

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