



PALAK PANEER & COCONUT CURRY

4 servings | Prep time 20 min | Cooking time 60 min

INGREDIENTS

250g Onions
800g Fresh/frozen spinach
400g Tomato
400g Paneer/Tofu
1 Lemon
100g Butter
Small bunch fresh coriander/parsley
Chili (optional)
400g Coconut Milk
400g Mixed veg your choice (carrot, zucchini, paprika, cauliflower, broccoli etc.)
200g Canned chickpeas
100g Canned ananas
250g Basmati rice or quinoa
1dl Rapeseed oil (for cooking)
2EL each coriander, paprika, turmeric, garam masala
½ TL cumin & coriander seeds (Asian shop), dry/frozen curry leaves,
1 chili (optional), small garlic slice

SHOPPING LIST

As per missing ingredients

PREPARATIONS (DONE BY 6 PM)

Onions minced cut 1/8-inch. Tomato cube cut (smallest possible). Cutting veg into small cubes and cauliflower & broccoli into medium sized flowers.

Chopping coriander/parsley.

Tofu/paneer into medium sized cubes.

Wash if are using fresh spinach.

You would need a food processor or blender, a wok pan, frying pan and a sauce pan.



TECHNICAL INSTRUCTIONS

Please open up a zoom account if you don't have it already via www.zoom.us (set a username and a password). You can do this any time before Friday. At 6 pm use the following Zoom

Meeting ID: 860 2636 2335 to join the LIVE meeting on 20th of Dec 2020.

If you have questions/feedback during the course feel free to ask or write on the chat or raise the hand.

DONATIONS

If you like to support me, your contribution via TWINT (079 869 38 56) or IBAN CH97 0844 0258 6165 0200 1 will be appreciated.

Thank you for joining me on this connecting adventure and staying healthy with healthy food.

Eddy/Bhuwan