



INDIAN SPICED

PALAK PANEER

Inspired by palak paneer

Serves 4

Ingredients

- 1 tbsp olive oil
- 200g block halloumi cut into 2cm cubes
- 3 tbsps olive oil (or ghee) (+extra)
- 1 brown onion diced
- 4 cloves of garlic
- 2 tbsps grated ginger
- 2 tsps cumin seeds or ground
- 2 tsps coriander seeds or ground
- 2 tsps of garam masala (optional, warming spice blend)
- 1 egg per person (or as many as you like or chicken or other protein)
- 300g spinach, ¼ cup water
- ½ lemon squeezed or to taste (not too much as yoghurt acidic)
- salt and pepper to taste (remember halloumi is salty, so not too much)

To Garnish

- 150g probiotic yoghurt
- ½ bunch coriander leaves
- handful fried shallot/flaked coconut for crunch

Methods

1. In 1 pan medium heat, add 1 tbsp olive oil to fry halloumi each side till golden and crispy, then reserve in a bowl.
2. Clean the pan and place over low heat. Add 1 tbsp olive oil, add eggs, ½ cup water and lid on the pan, cook till the top of the egg is cooked. Then reserve.
3. In a large clean pan add 3 tbsps olive oil over medium heat, onion, ginger, garlic, cook till softened for a few minutes.
4. Add spices and cook until fragrant.
5. Then add spinach and place the lid back on to steam the spinach till only just wilted.
6. Add lemon juice, salt and pepper to taste.
7. Blend ingredients (optional if you don't have a food processor).
8. To serve: place blended ingredients on plate, then egg, halloumi (tastes better when hot), yoghurt, coriander leaves and optional fried shallot/coconut.

DENTAL FRIENDLY



Calcium in yoghurt halloumi helps prevent tooth decay



No added sugar



Lots of fiber and probiotic