

Saag Paneer

with Basmati Rice, Naan
& Cucumber-Yogurt Sauce

PREP TIME: 15 minutes

COOK TIME: 30-40 minutes

SERVINGS: 2

A classic dish served in many regions of India, saag paneer features spiced, stewed greens and paneer, a type of firm cheese that holds up to heat. To achieve the dish's smooth texture, we're finishing finely chopped sautéed spinach with a complex blend including ground fenugreek (a popular spice with a subtle bittersweet flavor) and Greek yogurt for added creaminess. We're serving it all with raita, a classic condiment made with cucumber and yogurt (and a bit of mint), perfect for balancing the rich, spiced flavors with every bite.



BLUE APRON WINE PAIRING:

Cold Heaven Viognier, 2016

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Ingredients



2 pieces
NAAN BREAD



4 oz
PANEER CHEESE



1
PERSIAN
CUCUMBER



1/2 cup
PLAIN GREEK
YOGURT



3 cloves
GARLIC



2/3 cup
BASMATI RICE



1/2 lb
SPINACH



1 bunch
CILANTRO & MINT



1 1-inch piece
GINGER



1 1/2 tsp
SAAG PANEER
SPICE BLEND*

KNICK KNACKS:

* Ground Fenugreek, Garam Masala, Ground Cardamom & Ground Coriander



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1 Cook the rice:

- ☐ Preheat the oven to 475°F.
- ☐ In a small pot, combine the **rice**, a **big pinch of salt** and **1 ½ cups of water**. Heat to boiling on high.
- ☐ Once boiling, cover and reduce the heat to low. Cook 14 to 16 minutes, or until the water has been absorbed and the rice is tender.
- ☐ Turn off the heat and fluff the cooked rice with a fork.

2 Prepare the ingredients:

- ☐ While the rice cooks, wash and dry the fresh produce.
- ☐ Small dice the cheese.
- ☐ Peel and roughly chop the garlic.
- ☐ Peel and roughly chop the ginger.
- ☐ Roughly chop the cilantro leaves and stems.
- ☐ Pick the mint leaves off the stems; discard the stems and roughly chop.
- ☐ Small dice the cucumber.

3 Cook & chop the spinach:

- ☐ In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **spinach** and season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until wilted.
- ☐ Transfer to a strainer; hold or rest the strainer over a bowl. Using a spoon, press down on the cooked spinach to release as much liquid as possible; discard the liquid.
- ☐ Transfer to a cutting board and finely chop. Wipe out the pan.

4 Make the saag paneer:

- ☐ In the same pan, heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **cheese**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until golden brown. (Be careful, as the cheese may pop as it cooks.)
- ☐ Add the **garlic**, **ginger** and **spice blend**. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- ☐ Add the **chopped spinach** and **half the yogurt**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined and heated through.
- ☐ Turn off the heat and stir in the **cilantro**. Season with salt and pepper to taste.

5 Toast & cut the naan:

- ☐ While the saag paneer cooks, carefully place the **naan** directly onto the oven rack. Toast 2 to 4 minutes, or until slightly crispy and warmed through.
- ☐ Carefully remove from the oven and transfer to a cutting board. When cool enough to handle, cut into quarters.

6 Make the cucumber-yogurt sauce & plate your dish:

- ☐ In a bowl, combine the **cucumber**, **mint** and **remaining yogurt**. Drizzle with olive oil and season with salt and pepper to taste.
- ☐ Divide the **cooked rice** and **saag paneer** between 2 dishes. Serve with the **toasted naan** and cucumber-yogurt sauce on the side. Enjoy!