

# HEALTHY SAAG PANEER\*

We've recreated the mildly acidic taste and springy texture of paneer by flavouring tofu with a combination of nutritional yeast, miso and lemon. Spinach is a great addition to a curry and you can pack in loads, as it wilts down so quickly. Go for wholemeal chapatis on the side.

## SERVES 2

### FOR THE TOFU PANEER

250g firm tofu  
1 lemon  
2 tbsp nutritional yeast  
1 tbsp white miso paste  
1 tsp coconut oil (melted)

### FOR THE SAAG

1 onion  
2 garlic cloves  
5cm piece fresh ginger  
(about 15g)  
2 tomatoes  
500g fresh spinach leaves  
1 tbsp olive oil  
1 tsp cumin seeds  
2 tsp garam masala  
½ tsp ground turmeric  
½ tsp chilli flakes  
2 tbsp soya cream  
salt and black pepper

### TO SERVE

2 shop-bought wholemeal chapatis or roti (or cooked brown rice)

**PREHEAT OVEN TO 180°C | LINE A BAKING TRAY WITH PARCHMENT PAPER | TOFU PRESS OR 2 CLEAN TEA TOWELS AND A WEIGHT SUCH AS A HEAVY BOOK | FINE GRATER OR MICROPLANE | LARGE FRYING PAN**

**First, make the paneer** | Press the tofu using a tofu press or place it between two clean tea towels, lay it on a plate and put a weight on top | Leave for at least 30 minutes to drain off any liquid and firm up | Zest, halve and juice the lemon into a mixing bowl | Add the nutritional yeast, miso paste and coconut oil and mix with a fork to combine | Cut the pressed tofu into 1.5cm cubes | Tip the cubes into the mixing bowl, toss to coat and leave to marinate for 25-30 minutes | Spread the cubes out on the lined baking tray, put the tray in the oven and bake for 20-30 minutes until golden, turning them once, halfway through the cooking time

**Now, make the saag** | Peel and finely dice the onion | Peel and grate the garlic | Peel the ginger by scraping off the skin with a spoon, then grate it | Dice the tomatoes | Roughly chop the spinach

**Heat the oil in the large frying pan over a medium heat** | Add the cumin seeds and stir for 30 seconds | Add the onion and a pinch of salt and cook, stirring, for 5-7 minutes | Add the garlic and ginger and stir for 1 minute | Add the garam masala, turmeric and chilli flakes and stir for 30 seconds | Add the tomatoes and stir for 3-4 minutes | Add the spinach and stir for 2 minutes | Finally, add the soya cream and stir for 2 minutes until the saag has a creamy consistency | Taste the saag and season to perfection with salt and pepper

**Transfer the saag to a serving bowl** | Take the paneer out of the oven | Place the paneer cubes on the saag and serve immediately with brown rice, wholemeal chapatis or roti

\**BOSH! Healthy Vegan* by Henry Firth and Ian Theasby is published 26th December (HQ, HarperCollins). Food photography is Lizzie Mayson.

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