



Palak Paneer

14.1 Palak Paneer: North Indian dish made out of blanched spinach and soft paneer. Paneer cubes are shallow fried in spinach gravy which is sauted with finely balanced curry spices in ghee. It uses milk cream to bring the creamy texture. This is served with garlic naan for a sumptuous meal.



Aloo raita

14.2 Aloo Raitha: Potatoe raitha . As the name suggests it consists of steamed potatoes in curd. It is a nutritious dish as it contains both starch and calcium. The curd is then seasoned with cummins and red chilli powder and salt to taste. One can use even corrainder and curry leaves to add more flavor to it.