

Vegan Saag Paneer: Tofu cooked with Kale, Spinach and Collard

INGREDIENTS

For the puree:

- 1 large bunch of kale
- 1 small bunch of spinach
- 4-5 collards
- 1/2 tsp cumin powder
- 4-5 cloves of garlic
- 1 green chili
- 2-3 peppercorns
- 1 black cardamom

For the tofu:

- 200-250 grams tofu cut into cubes
- 1/2 tsp oil
- 1/4 tsp red chili or paprika

For the gravy:

- 2 tsp mustard oil or any other oil of your choice
- 1 tsp cumin seeds
- 1 bay leaf
- 1/2-inch ginger and 2-3 cloves of garlic pounded into a coarse paste
- 1 medium onion finely chopped
- 1 medium tomato finely chopped
- 1/2 tsp turmeric
- 1/2 tsp red chili or paprika
- 1 tsp coriander
- 2-3 tbsp coconut yogurt
- 1 tsp dry fenugreek powder (optional)

METHOD

Blanch and make the green paste:

1. Tear off the kale and collard leaves from the hard stem, cut off a portion of the stem from the spinach leaves and dunk all into boiling water.
2. Keep for about 45 seconds and then drain under cold running water.
3. Add cumin, garlic, chili, peppercorns and cardamom along with the blanched leaves to a blender and make a slightly coarse paste. Keep aside.

Toss the tofu:

1. Place a pan or skillet on medium heat and add oil. As soon as the oil is hot, add the red chili or paprika, lift the pan off the heat so that the chili does not burn and gently turn the pan around to let the oil and chili spread in the pan.
2. Add the tofu cubes and let them sizzle. Turn the cubes after 2-3 minutes to let them sizzle on the other side. Then remove the tofu from the pan and keep aside.

Make the gravy:

1. In the same pan, add mustard oil and once the oil starts smoking up, add cumin and bay leaf.
2. Add the ginger-garlic paste and sauté for a few seconds taking care to not burn the paste. Next, add the onions and continue sautéing until the onions start turning pink.
3. Add turmeric, red chili, and coriander and sauté till the onions are light brown. Then, add the tomatoes and cook until the tomatoes are softened. Add splashes of water if the spices stick to the pan or skillet. Add salt to taste.
4. Add the green puree and mix everything well, cover the pan and let the mixture cook for about 4-5 minutes.
5. Open the pan and add the coconut yogurt. Adjust water and seasoning if needed, and then turn off the heat.