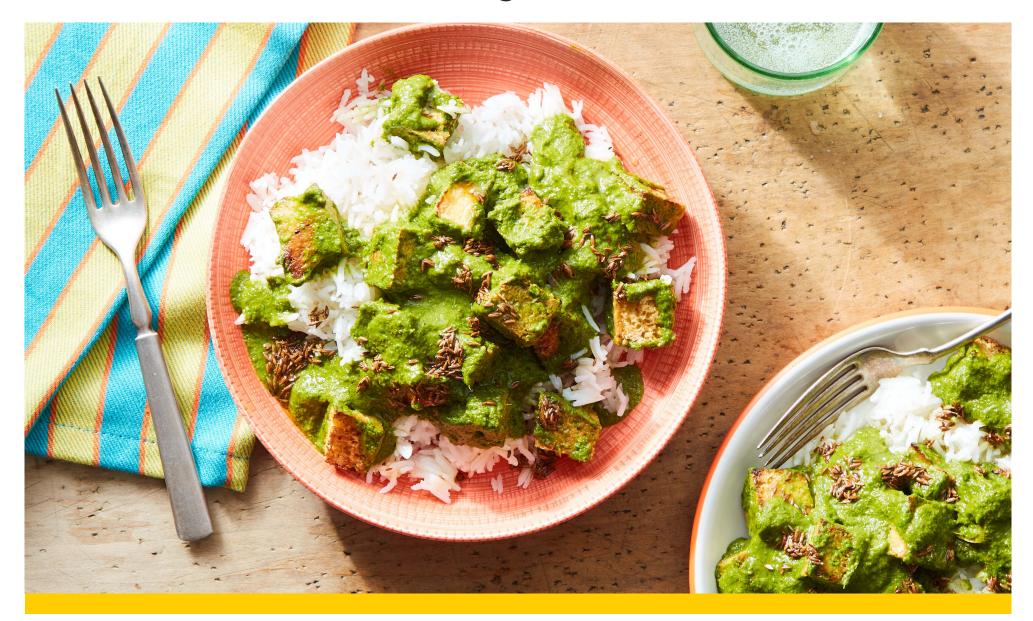
MARLEY SPOON



Vegan Palak "Paneer" with Plant-Based Chicken

with Basmati Rice

 \bigcirc

30-40min 2 Servings

The beloved Indian dish gets a vegan twist! Instead of cheese, plant-based chicken simmers in a rich and dairy-free curry that we make with sweet baby spinach, fresh ginger and garlic, garam masala, and coconut milk. We toast cumin seeds to create a flavorful oil to drizzle on top, and steamy basmati rice is perfect to soak it all up.

What we send

- 5 oz basmati rice
- 8 oz pkg plant-based chicken ⁶
- ¼ oz cumin seeds
- + 13.5 oz can coconut milk $^{\rm 15}$
- 1 oz fresh ginger
- garlic
- 1 plum tomato
- 5 oz baby spinach
- ¼ oz garam masala

What you need

- kosher salt & ground pepper
- olive oil
- sugar
- white wine vinegar (or apple cider vinegar) ¹⁷

Tools

- small saucepan
- rimmed baking sheet
- large nonstick skillet
- blender, food processor, or immersion blender

Allergens

Soy (6), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 970kcal, Fat 57g, Carbs 81g, Protein 34g



1. Prep oven & cook rice

Preheat broiler with a rack in the upper third.

In a small saucepan, combine **rice**, **1**¼ **cups water**, and ½ **teaspoon salt**, bring to a boil. Cover; cook over low until liquid is absorbed, about 17 minutes. Remove from heat and keep covered.



We've tailored the instructions below to match your recipe choices. Happy cooking!

2. Broil plant-based chicken

Transfer **plant-based chicken** to a rimmed baking sheet and toss with **1 tablespoon oil** and **a pinch each of salt and pepper**. Broil on upper oven rack until lightly golden, 5-10 minutes (watch closely as broilers vary).



3. Make cumin oil

Heat **2 tablespoons oil** in a large nonstick skillet over medium. Add **cumin seeds**; toast, stirring, until fragrant, 1-2 minutes. Transfer to a small bowl; reserve skillet for step 5.

Transfer **¼ cup coconut milk** to a small bowl; reserve for step 6.



4. Prep & blend sauce

Peel and roughly chop **2 teaspoons each** of ginger and garlic. Roughly chop tomato.

To a blender, add **spinach, tomatoes, remaining coconut milk, chopped garlic and ginger, garam masala, 2 teaspoons of the cumin seeds and oil, ¾ teaspoon salt,** and **a few grinds of pepper**. Blend on high until smooth.



5. Cook sauce

Transfer **sauce to reserved skillet**; bring to a simmer over medium heat. Reduce heat to medium-low and simmer until slightly thickened and flavors have melded, about 10 minutes. Add **plantbased chicken** and simmer for 5 minutes more. Stir in **1 teaspoon sugar** and ¹/₂ **teaspoon vinegar**. Season to taste with additional **salt, pepper**, and **sugar**.



6. Finish & serve

Fluff **rice** with a fork. Serve in bowls with **palak** spooned over top. Drizzle with **reserved coconut milk** and **remaining cumin seeds and oil**. Enjoy!