

MARLEY SPOON



Vegan Palak "Paneer" with Plant-Based Chicken

with Basmati Rice



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 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, 1¼ 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.



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.



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).



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 **plant-based chicken** and simmer for 5 minutes more. Stir in **1 teaspoon sugar** and **½ teaspoon vinegar**. Season to taste with additional **salt, pepper**, and **sugar**.



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.



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!