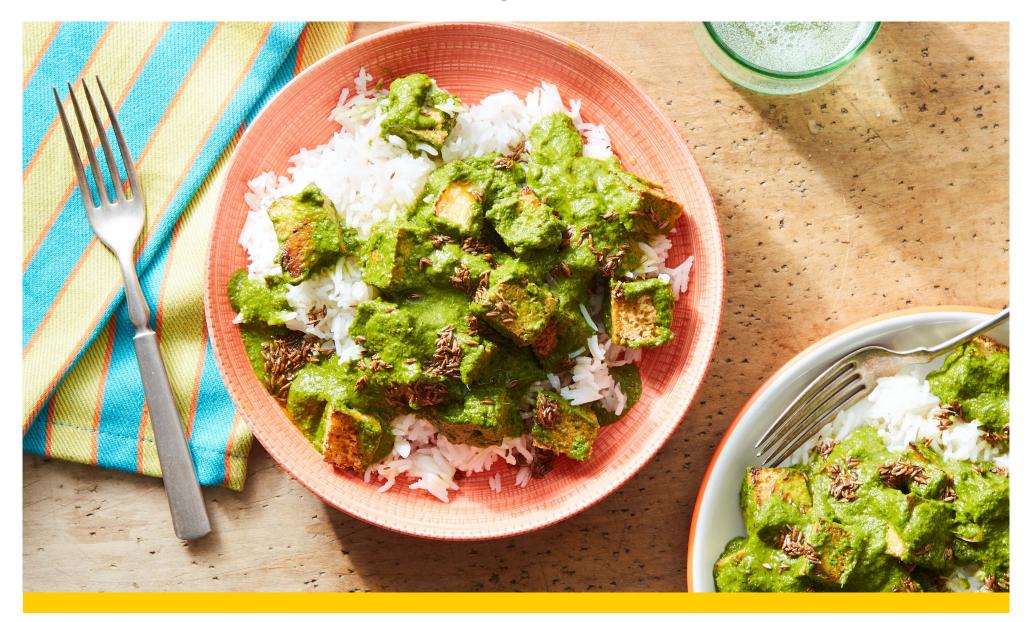
MARLEY SPOON



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 ¹
- ¼ oz cumin seeds
- 13.5 oz can coconut milk ²
- 1 piece fresh ginger
- qarlic
- 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)

Tools

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

Allergens

Soy (1), Tree Nuts (2). 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.



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, 34 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 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.



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!