

# PRIMAL VEGETARIAN INDIAN FOOD – CHARD (SAAG) PANEER

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There are ways to make your own [\*paneer\*](#) (cottage cheese), which I must try. But as of now I buy mine and haven't done much research on the best sources. *Paneer* is a decent un – processed source of protein for vegetarians and also a good source of dairy fat.

Read : [Can you be Vegetarian and Primal?](#)

This is great when eaten with a little brown rice. It's ala great meal on it's own if you tone down the spices.

Any Indian vegetable dish can be fun on it's own when you make it less spicy and rich with ghee or butter.

### Ingredients

2 bunches chard (chopped - doesn't need to be finely chopped)

1/2 a large onion

3 cloves garlic

1 tsp ginger

Cumin power, coriander powder, turmeric, red chili powder, and some garam masala ( a pinch to taste )

2 dollops of yogurt.

One cup Paneer (cubed)

Lemon (or lemon juice)

½ cup milk

Salt to taste.

### Method

Sauté the paneer till it browns lightly. Use a little salt on the paneer while cooking. Chop the washed chard and put it in a large bowl to steam cook. No need to add additional water while it's steaming. Steam cook for 15-20 minutes. While the chard is steaming, sauté the garlic, onions, and ginger. Add salt. As they it's cooking, add all the spices. Then add yogurt to the mix.

Then add the chard to the mixture. Keep mixing for about 1 min. Add some lemon juice. Put the whole thing in a blender and purée. Make sure to not blend too much, otherwise it'll turn into a chard soup. Take the mixture out of blender, add to the pan on a medium heat. Add milk. cook for a bit.

Then add paneer, cook everything for 3-4 minutes, and you're done!

Recipe courtesy Dpu and Apu

Let me know if you try it in the comments! Thanks for reading

Also read : The South Asian Health Solution by Dr Ronesh Sinha (link on left side panel)

