

Palak Saag is a warm, nourishing spinach-based gravy that brings together soft, wilted greens and mild spices. It's traditionally eaten with soft phulkas or steamed rice and is ideal for a grounding, sattvic meal.

What Is Palak Saag?

Palak Saag is a cooked spinach dish made without onion or garlic, using simple spices like turmeric, jeera, and ginger. Unlike Palak Paneer, this doesn't involve heavy cream or masalas—making it light and healing.

How to Make Palak Saag : The Traditional Way

□ Ingredients:

- 3–4 cups **palak (spinach)**, washed and chopped
- 1 tbsp **cold-pressed sesame oil or ghee**
- 1 tsp **jeera (cumin seeds)**
- ½ tsp **grated fresh ginger**
- ½ tsp **turmeric powder**
- 1 tsp **coriander powder**
- ¼ tsp **jeera powder**
- Salt to taste
- Water as needed for desired consistency

Optional:

- 1 small **boiled and mashed potato** (for body and texture)
- 1 green chilli or a pinch of **pepper powder**, if mild heat is preferred

□ Method:

1. Blanch chopped palak in hot water for 2–3 minutes. Drain and blend to a coarse paste (or finely chop for a rustic texture).
2. In a pan, heat ghee or oil. Add jeera and let it splutter.
3. Add grated ginger and sauté for a few seconds.
4. Add turmeric, coriander powder, jeera powder, and mix.

5. Add palak puree and salt. Stir and cook on low heat for 5–6 minutes.
6. (Optional) Mix in mashed potato for a thicker consistency.
7. Simmer for another 2 minutes. Adjust water if needed for a semi-gravy consistency.

▣ Ayurvedic Benefits

1. **Palak** is rich in iron and prana, promoting vitality.
2. This version is **Pitta- and Kapha-balancing**, especially with jeera and ginger.
3. Helps in **rakta dhatu (blood) nourishment** and gentle detoxification.
4. Easily digestible, especially with ghee and warm spices.

▣ Pro Tips from the Indian Kitchen

- Avoid overcooking spinach to retain nutrients and colour.
- Add mashed potato instead of cream for sattvic body.
- Always use **ghee or cold-pressed oils** for best Ayurvedic balance.

♥ Why We Love Palak Saag

- Earthy, healing, and quick to make
- No onion, garlic, or processed cream
- Easily pairs with a range of meals
- Great for kids and elders too

▣ Ideal For

- Sattvic diets or post-detox plans
- Light dinners with phulkas or jeera rice
- Iron-rich nourishment for anaemia or fatigue
- Daily lunch boxes with moong dal and rice

