

Keto Curried Spinach Paneer Skillet

Hands-on 10 minutes Overall 30 minutes

Nutritional values (per serving, about 250 g/ 8.8 oz): Total carbs: 13.2 g, Fiber: 4.5 g,

Net carbs: 8.6 g, Protein: 27 g, Fat: 49.6 g, Calories: 588 kcal,

[Original recipe, Keto Diet App - The ultimate low-carb diet app](#)



Ingredients (makes 2 servings)

- 1/2 cup [homemade Curry Simmer Sauce](#) (120 ml/ 4 fl oz)
- 1 pack Paneer *or* Halloumi cheese (225 g/ 8 oz)
- 140 g fresh spinach, chopped *or* frozen and drained spinach (5 oz)
- 1 tbsp [ghee](#) *or* [extra virgin olive oil](#) (15 ml)
- 2 tbsp chopped parsley *or* cilantro
- Optional:* [shirataki rice](#), to serve

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Instructions

1. Prepare the [homemade Curry Simmer Sauce](#) by following the [instructions here](#). This will take just 15 minutes. Store any leftover curry sauce in the fridge for up to 5 days.
2. While the curry sauce is cooking, cut the paneer into about 1 inch (2 cm) pieces. Wash, drain and roughly chop the spinach. If you use baby spinach you don't need to chop it. If you use frozen spinach instead, defrost and drain all the liquid.
3. Grease a skillet with ghee and add the paneer and the curry sauce. Bring to a simmer and cook on medium for about 5 minutes.
4. Add the spinach (chopped stalks first if you're using mature spinach). Cook until just wilted for a couple of minutes. Take off the heat.
5. Add the chopped herbs such as parsley or cilantro. Eat on its own or optionally serve with shirataki rice cooked according to [our instructions for preparing shirataki noodles](#). Eat warm or let it cool down and refrigerate for up to 4 days.

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