



Ingredients

250 g paneer, cut into 1" strips
2-3 medium tomatoes, chopped
2-3 inch ginger
1/2 a medium capsicum, julienned
4-5 whole red chillies
4 tsp coriander seeds
2 green chillies, deseeded and chopped
2 tsp garlic paste
1 tsp garam masala powder
1 tsp kasoori methi
2-3 tbsp chopped coriander leaves
1 tbsp tomato puree (optional)
A pinch of sugar
Salt to taste

For Seasoning

1-2 tsp ghee/oil

Nutrients

Approx. calories per serving: 161 kcal

Procedure

Prepare all the vegetables as mentioned. Julienne half of the ginger and the capsicum. Finely chop the rest of the ginger. Lightly toast the coriander seeds and whole red chillies and then grind into a coarse powder. Preheat a 20 cm Regular on medium heat. Just before the Thermo Indicator reaches the 20 degree mark, reduce heat and add the ghee/oil followed by the garlic paste.

Fry for a second and then add the chopped ginger, green chillies, capsicums and crushed masala powder. Fry for a second and stir in the tomatoes. Add salt to taste and cook with the lid on for approximately 5 minutes, until the tomatoes are well cooked. Now add 1-2 tbsp of tomato puree and a pinch of sugar. Sprinkle garam masala powder, kasoori methi and chopped coriander leaves.

Finally add the paneer pieces and fry for a minute or two. Adjust all the seasonings and turn off the heat. Serve along with naan/paratha of your choice.