DietCloud – Recipe

Recipe Name: Spicy Pickled Paneer Gravy (Recipe In Hindi)

Diet Type: Vegetarian

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 250 grams Paneer	4
• Ghee - or oil	
• 2 tablespoons pickle - mango pickle with spices	
• 2 onions - grated	
• 1 tablespoon ginger garlic paste	
• 1/2 tablespoon red chili powder	
• 1/2 teaspoon turmeric Powder	
• 1/2 teaspoon cumin powder	
• 1/2 teaspoon garam masala powder	
• 1 teaspoon celery	
• 1 teaspoon fennel	
• water - as per use	
• 1 capsicum (green) - cut	
• 1 cup tomato puree	
• 1 Teaspoon Kasuri methi	
• salt - as per taste	
• Few branch green coriander - finely chopped	

Preparation

• To make Achari Paneer, first heat ghee in a pan.

• Now add onions and cook till they turn brown.

• Now take a mixer, add pickle, garlic ginger paste, red chilli powder, turmeric powder, cumin powder and garam masala powder, add some water and grind it.

• Now heat oil in a pan.

• Add celery, fennel and ground spices to it.

• Let it cook for 2 minutes.

• After 2 minutes add capsicum to it, mix and cook for 3 to 4 minutes.

- After 4 minutes, add tomato puree, some water and cover the pan.
- Let it cook for 5 to 7 minutes.
- After 7 minutes add paneer, kasuri methi and salt.
- Mix and let it cook for 2 to 3 minutes.
- After 3 minutes, turn off the gas and garnish with green coriander.
- Serve Achari Paneer with Dal Fry, Phulka and Cumin Rice for dinner.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)