DietCloud – Recipe

Recipe Name: Beetroot Paneer Curry Recipe In Coconut Milk - Beet Paneer Curry Recipe

Diet Type: Vegetarian

Course: Side Dish

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 200 grams Paneer - cut	4
• 2 chakundar - peel and chop	
• 1 onion - finely chopped	
• 2 green chillies - cut straight	
• 1 inch ginger - tighten	
• 2 bud garlic - finely chopped	
• 1 teaspoon coriander powder	
• 1 teaspoon turmeric	
• 1 teaspoon garam masala powder	
• 3/4 cup coconut milk	
• 2 teaspoons oil - as per use	
• salt - as per taste	
• red chili powder - as per taste	

Preparation

• To make Chakundar Paneer Curry, first of all, add the Chakundar, Onion, Ginger, Garlic, Green Chilli in a pressure cooker with 1 cup of water, turmeric powder and salt.
• Cook until the city comes, reduce the heat and 3 to 4 minutes And cook.
• Turn off the gas and let the pressure drain automatically.
• After the pressure comes out, add coconut milk, paneer, coriander powder, garam masala powder and let it boil.
• After boiling, turn off the gas and take it out in a bowl.
• Serve the Chakundar Paneer Curry with Spinach Raita and Rice / Tawa Paratha for dinner.

Macronutrients

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

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