

Recipe Name: Chanar Dal Recipe - Bengali Steel Paneer & Potato Gravy

Diet Type: Vegetarian

Course: Lunch

Cuisine: Bengali Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 200 grams Paneer (Homemade Cottage Cheese) - cut into cubes	4
• 2 Potato (Aloo) - peeled and cut into cubes	
• 2 Bay leaf (tej patta)	
• 2 Dry Red Chilli	
• 1 tablespoon Panch Phoran Masala - roasted and powdered	
• 1 Tomato - big sized	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Red Chilli powder	
• 1 teaspoon Cumin seeds (Jeera) - roasted and powdered	
• 1 teaspoon Ginger - grated	
• Salt - to taste	
• 1/2 teaspoon Sugar	
• Sunflower Oil - as required	

Preparation

- To begin making the Chanar Dalna recipe, grind roasted cumin and grated ginger in a mortar pestle.
- Mix red chilly powder and turmeric in a tablespoon of water and set it aside.
- In a heavy bottomed pan heat oil, add cubed potatoes and fry till the edges turn.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	25	35	20	4	5