

Recipe Name: Dahi Wale Paneer Recipe - Paneer In A Curd Gravy

Diet Type: Vegetarian

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 400 grams Paneer (Homemade Cottage Cheese)	6
• 3 cloves Garlic - chopped	
• 2 inch Ginger - chooped	
• 2 Fresh Red chillies - chopped	
• 1 teaspoon Red Bell pepper (Capsicum) - chopped	
• 1 teaspoon Cumin powder (Jeera)	
• 2 teaspoon Coriander Powder (Dhania)	
• 1 tablespoon Garam masala powder	
• 100 gram Curd (Dahi / Yogurt)	
• 1 tablespoon Butter	
• 2 Onions - sliced	
• 2 tablespoons Homemade tomato puree	
• 2 tablespoon Whole cashews - or almonds (paste)	
• 50 grams Fresh cream	
• 1 tablespoon Coriander (Dhania) Leaves - to garnish	
• 1 tablespoon Lemon juice	
• 1/4 teaspoon Turmeric powder (Haldi)	
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Preparation

- In a bowl, add capsicum, cumin powder, coriander powder, garam masala powder and mix everything well.
- Divide this mixture in.

Macronutrients



Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	28	12	32	2	8

