

Recipe Name: Paneer Matar Butter Masala (Indian Cottage Cheese and Peas Masala With Butter) Recipe

Diet Type: Vegetarian

Course: Dinner

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1-1/2 cups Paneer (Homemade Cottage Cheese) - cubed	4
• Sunflower Oil - as required	
• 1/2 cup Green peas (Matar)	
• Salt - to taste	
• 1 teaspoon Sugar	
• 1/2 teaspoon Red Chilli powder	
• 1/4 cup Milk	
• 1 teaspoon Kasuri Methi (Dried Fenugreek Leaves)	
• 1 Onion - red	
• 2 Tomatoes - finely chopped	
• 1 inch Ginger - finely chopped	
• 1 clove Garlic - peeled and finely chopped	
• 2 tablespoons Ghee - or clarified butter	
• 2 Dry Red Chillies	
• 3 Cardamom (Elaichi) Pods/Seeds	
• 1/2 inch Cinnamon Stick (Dalchini)	
• 4 Whole Black Peppercorns	
• 1/2 teaspoon Coriander (Dhania) Seeds	
• 1/4 cup Cashew nuts - broken into small pieces	

Preparation

- To begin making the Paneer Matar Butter Masala recipe, first shallow fry the paneer cubes in 1 to 2 tablespoons of oil in a wide pan until it is slightly golden/ creamy golden and keep it aside.
- The next step is to prepare the masala/gravy.
- Heat butter/cla.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
540	28	24	37	4	8

