

Recipe Name: Fasting Potato Paneer Recipe - Potato Paneer Curry Without Onion And Garlic Recipe

Diet Type: Vegetarian

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 7 Potatoes - Chopped	4
• 350 gms Cheese - Chopped	
• 5 Tomatoes	
• 2 inch Ginger - Grated	
• 2 Green Chillies	
• 1 teaspoon Red Chilli Powder	
• 1 teaspoon Coriander Powder	
• 1 teaspoon Cumin Powder - Baked	
• Salt - As per taste	
• oil - Green coriander - Finely chopped according to use	

Preparation

- To make Aloo Paneer Curry, firstly grind tomatoes, ginger and green chillies in a blender.
- Keep it separately.
- Heat the oil in a pressure cooker and add grated ginger to it.
- Cook it for 1 minute.
- Add tomato puree to it and cook for at least 10 minutes.
- No.

Macronutrients

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