

Recipe Name: Kashmiri Style Paneer Masala Recipe

Diet Type: Vegetarian

Course: Lunch

Cuisine: Kashmiri

Quantity:



Ingredients

Ingredient	Quantity
• 350 grams Paneer (Homemade Cottage Cheese) - diced in cubes • 1 pinch Asafoetida (hing) • 2 inch Cinnamon Stick (Dalchini) • 2 Bay leaves (tej patta) • 6 Cardamom (Elaichi) Pods/Seeds • 1/2 teaspoon Ajwain (Carom seeds) • 3 teaspoon Homemade tomato puree • 1/2 teaspoon Kashmiri Red Chilli Powder • 1/2 teaspoon Dry ginger powder • 1/4 cup Curd (Dahi / Yogurt) • 1 teaspoon Fennel seeds (Saunf) - powdered • 1 pinch Saffron strands • 1 pinch Garam masala powder • Salt - to taste • 2 sprig Coriander (Dhania) Leaves - to garnish	4

Preparation

• To begin making the Kashmiri Style Paneer Masala, firstly, have a bowl ready with 500 ml warm water.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	25	20	28	4	8