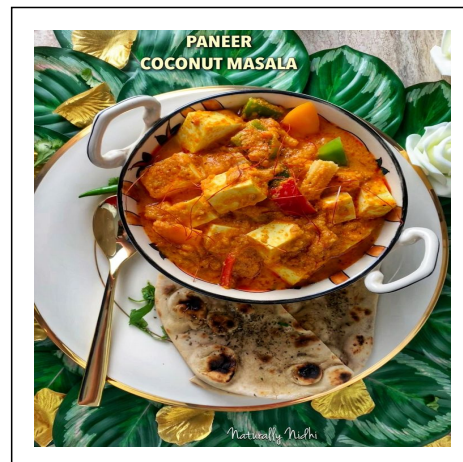


Recipe Name: Paneer In Coconut Gravy Recipe
Diet Type: Vegetarian
Course: Dinner
Cuisine: North Indian Recipes
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 2 cups Paneer (Homemade Cottage Cheese) - cut into 1/2 inch cubes	3
• 1 Onion - finely chopped	
• 2 Tomatoes - finely chopped	
• 1 teaspoon Garam masala powder	
• Salt - to taste	
• 3/4 Water	
• 2 tablespoons Butter	
• 1 tablespoon Coriander (Dhania) Seeds	
• 1/2 tablespoon Cumin seeds (Jeera)	
• 4 Dry Red Chillies	
• 3 cloves Garlic - finely chopped	
• 1 1/2 inch Ginger - finely chopped	
• 1 Onion - diced	
• 1/3 cup Fresh coconut - grated	

Preparation

- To begin making the Paneer In Coconut Gravy Recipe, we need to first prepare the masala for the gravy.
- In a heavy bottomed pan, add coriander seeds, cumin seeds and dry red chillies on a low flame.
- Roast the spices until they turn aromatic.
- Turn off the fl.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	28	12	32	4	6