

Recipe Name: Potato Paneer Curry Without Onion And Garlic Recipe (Vrat Wale Aloo Paneer)

Diet Type: Vegetarian

Course: Lunch

Cuisine: North Indian Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 8 Potatoes (Aloo) - cut into medium sized pieces	4
• 250 grams Paneer (Homemade Cottage Cheese) - cut into medium cubes	
• 5 Tomatoes	
• 2 inch Ginger - grated	
• 3 Green Chillies - finely chopped	
• 1 teaspoon Red Chilli powder	
• 1 teaspoon Coriander Powder (Dhania)	
• 1 teaspoon Cumin powder (Jeera)	
• Salt - to taste	
• Sunflower Oil - as required	
• Coriander (Dhania) Leaves - as required	

Preparation

- To begin making the Potato Paneer Curry Without Onion And Garlic recipe, in a blender, add the tomatoes and 2 inch ginger pieces along with the green chillies.
- Make a coarse puree and set aside.
- In a pressure cooker, heat 2 tablespoon of vegetable oil and.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	20	40	24	4	6