

Recipe Name: Paneer Matar Keema Recipe
Diet Type: Vegetarian
Course: Lunch
Cuisine: North Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Green peas (Matar) - boiled and slightly mashed	5
• 1 Potato (Aloo) - boiled and mashed	
• 1/2 cup Paneer (Homemade Cottage Cheese) - crumbled	
• 1 Tomato - finely chopped	
• 1/4 cup Homemade tomato puree	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 1/2 teaspoon Mustard seeds	
• 1 pinch Asafoetida (hing)	
• 1 Onion - finely chopped	
• 1 tablespoon Ginger Garlic Paste	
• Coriander (Dhania) Leaves - few sprigs	
• 1 teaspoon Red Chilli powder	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Coriander Powder (Dhania)	
• 1/2 teaspoon Garam masala powder	
• Sunflower Oil - as required	
• Salt - to taste	
• Water - as required	

Preparation

- Add cumin seeds, mustard seeds, asafoetida and let it splutter.
- Once the mustard seeds splutter, add the finely chopped onions.
- Cook them till they turn soft and translucent.
- Once the onions are soft, add the ginger garlic paste and let it cook for about 2 minutes.
- After 2 minutes add the finely chopped tomatoes and tomato puree.



- Cover with lid and let it cook it for about 3 to 4 minutes.
- Let it cook for 5 minutes.
- Now add the mashed potato, crumbled paneer and 1/4 cup of water.
- Mix everything properly and let it cook for 6 to 8 minutes.
- After 6 to 8 minutes, add the boiled green peas, mix well, cover the pan and let the Green Peas Gravy With Vegetables cook for another 3 to 5 minutes.
- Once it is done, garnish Matar Keema recipe with coriander leaves and serve hot.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
-----------------	-------------	-----------	---------	-----------	-----------

