

Recipe Name: Dry Navratan Korma (Recipe In Hindi)

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cabbage - cut into small pieces • 2 carrots - finely chopped • 5 green beans - chopped • 1/2 cup green chili • 1 capsicum (green) - chopped • 2 potatoes - sliced • 2 onions - chopped • 1 Inch ginger - chopped • 4 cloves garlic - chopped • 2 green chillies - chopped • 2 tomatoes - puree • 1-1 / 5 tablespoon coriander powder • 1/2 tablespoon garam masala powder • 1 teaspoon red chili powder • Salt - as per taste • oil - as per use • 2 bay leaves • 1 cinnamon • 2 cardamom • 1 teaspoon celery • 100 gms cottage cheese - small pieces • 1 cup butter • 1/2 cup cashew nuts - make paste • 1/2 Cups Pineapple - cut into small pieces • 1/2 cup pomegranate • 2 tablespoons raisins • cashews - some • green coriander - to garnish • Coriander (Dhania) Leaves - few for garnishing	4



Preparation

- To make Navratan Korma (dry), first of all prepare the ingredients.
- Now heat oil in a pan and add pieces of paneer to it.
- Fry it well and drain it to soak more oil on a tissue.
- Add some more oil and add all the spices.
- After 10 seconds, add onion and cook till it becomes soft.
- After the onion is soft, add ginger garlic paste and green chillies.
- Cook it for 2 to 3 minutes.
- Now add tomato puree and cook for 3 to 5 minutes.
- Now add chopped vegetables to it.
- Mix well and then add coriander powder, red chili powder, garam masala and let it cook for 5 minutes.
- Add cashew paste and butter after 5 minutes and mix them all.
- After this, add 1/2 cup water and cover the pan.
- Allow it to cook for 7 to 8 minutes.
- When the vegetables become soft, add raisins and cashews to it.
- After 1 minute add pineapple and pomegranate to it.
- Turn off the gas, add pieces of panner and garnish the green.
- Serve Navratan Korma (dry) with Phulka, Panchamel Dal and Bundi Raita for dinner.

Macronutrients

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