

Recipe Name: Achari Paneer Masala Recipe
Diet Type: Vegetarian
Course: Lunch
Cuisine: North Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 250 gms paneer	5
• 2 gms coriander seeds	
• 4 gms fennel	
• 1 gms rye	
• 4 gms fenugreek seeds	
• 1 gms Kashmiri dry red chillies	
• 1 gms kalonji	
• cumin seeds	
• 1 gms mustard oil	
• 1 gms green chili	
• 1 gms asafoetida	
• 1/2 gms salt	
• 2 gms tomatoes	
• 1/4 gms cashews	
• 1 gms capsicum	

Preparation

- To make Achari Paneer Masala Recipe, first soak cashew nuts in hot water for 15 to 20 minutes.
- Now in a pan, coriander seeds, fennel, rye, fenugreek seeds, Kashmiri dry red chillies, kalonji, Add cumin seeds and cook for 5 to 10 minutes.
- After it cools down, put it in a mixer grinder and grind it.
- Add capsicum, cashews, tomatoes and mix puree in the mixer grinder.
- Keep it separately.
- Heat mustard oil in a pan.
- After heating, add green chili, asafoetida and cook for 10 to 15 seconds.



- After this add chopped onions and cook till they turn golden brown.
- Now add ground dry spices and cook for 30 seconds.
- After 15 to 20 seconds, add tomato capsicum cashew puree to it and cook it for 6 to 8 minutes.
- Now add paneer to it, mix and cook for 2 minutes.
- Add salt to taste, mix and serve.
- Serve Achari Paneer Masala Recipe with Makhani Dal, Cumin Rice, Bundi Raita and Phulka for a weekend dinner.

Macronutrients

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