



MATTAR PANEER



PREP: 15MINS



20 MINUTES



SERVES 4

INGREDIENTS

- 2 Cups Paneer
- 3 Medium Onion finely chopped
- 1 Tin Tomato chopped
- 1 Tbsp Ginger/garlic paste
- 1 tsp Turmeric powder
- 1 tsp Chilli powder
- 1 Tbsp Banu's garam Masala
- 3 Tbsp Butter / Oil (not olive)
- 1.5 tsp cumin seeds
- 1.5 Tbsp Fenugreek leaf
- Lemon juice to taste
- Fresh coriander
- Salt to taste

PREPARATION

Slice the paneer to small cubes and sautee them till golden colour and keep ready.

INSTRUCTIONS

In a pan heat butter/oil, add onions and ½ tsp of salt and cook till slightly brown, add ginger/garlic paste and roast well, Once it is cooked to a point of being dry and sticking to pan, add chopped tomatoes, cook for few minutes then add salt, turmeric powder, chilli powder and garam masala, cook for few minutes then add paneer cubes to the gravy, add 1.5 cups of hot water and bring the curry to a boil. Turn the gas off. Crush between your palm the fenugreek leaf and place it in the middle of the curry, don't stir.

TEMPERING

Heat a pan with butter / oil, add Cumin seeds, roast till it splutters, add 3-4 dried red chilli once they puff, pour the tempering on top of the fenugreek leaf leave it alone for good 5 minutes. Finally taste, add a bit of lemon juice (optional) taste if needed adjust salt, finish with garnishing with fresh coriander.

TIP

When you sautee the paneer it stays well in the gravy and gives a bit of bite. If you add raw paneer it does disintegrate when hot water is added to the curry.

