

Kadai Paneer

Ingredients:

8 oz of paneer	4 oz (100 gms) green bell peppers	1 tbsp olive oil
4 oz (100 gms) green bell peppers	2 tsps coriander seeds	Salt to taste
2 tsps coriander seeds	5 whole red chilies	
5 whole red chilies	2 tsps chopped cilantro leaves	For the paste:
8 oz of paneer		6 cloves of garlic mixed with a little water

Method:

1. Slice the paneer and green bell pepper into thin long strips.
2. Pound the coriander seeds and red chilies together.
3. Heat the olive oil, add the garlic paste and cook on a slow flame for a few seconds.
4. Add the bell peppers and the pounded spices and cook on a slow flame for 30 seconds.
5. Add the green chilies and ginger and fry again for a few seconds.
6. Add the tomatoes and cook until the oil comes on top.
7. Add the kasoori methi and salt and fry again for a few seconds.
8. Finally, add the sliced paneer and cook for a few mins.
9. Sprinkle chopped cilantro leaves on top and serve hot.

Serves: 4

Preparation time: 10 to 15 minutes

Nutrition Information (per serving):

Calories: 75

Protein: 4.2 gms

Carbohydrate: 7 gms

Total Fat: 3.4 gms

Monounsaturated fatty acids: 0.6 gms

Sodium: 0.8 mg

Fiber: 1.1 gms

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This recipe is provided by Prevention & Awareness for South Asians (PRANA), a PAMF wellness program. For more recipes and health information, visit www.pamf.org/southasian.