

Paneer Butter Masala / Indian Cheese Curry

Yield: 3 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-paneer-curry-recipe-indian>

Ingredients:

- 1 pound paneer
- 1 onion chopped roughly
- 3 tomatoes
- 1 handful cashew nuts soaked in water for 10 minutes
- 1 teaspoon ginger grated
- 1 teaspoon garlic cloves grated
- 1/2 cup milk
- 2 teaspoons cooking oil
- coriander leaves Finely chopped, /cilantro for garnishing, optional
- 1 teaspoon garam masala powder
- 1 teaspoon coriander powder
- 1 teaspoon red chili powder Kashmiri, adjust according to how hot you want
- 1/2 teaspoon turmeric powder
- 3 tablespoons butter
- 1 inch cinnamon stick
- 1 green cardamom small
- 3 cloves
- 2 black pepper corns

Nutrition:

1. Calories: 800 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 145 milligrams
4. Fat: 67 grams
5. Fiber: 4 grams
6. Protein: 25 grams
7. SaturatedFat: 31 grams

8. Sodium: 640 milligrams

9. Sugar: 15 grams

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