

Paneer Tikka Masala

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/tikka-veg-recipe-of-india>

Ingredients:

- 12 ounces paneer cut into 3/4-inch cubes
- 1 tablespoon fresh ginger minced
- 2 teaspoons minced garlic about 1 large clove
- 1 teaspoon ground coriander
- 1 teaspoon garam masala
- 1 teaspoon ground cumin
- 3/4 teaspoon kosher salt
- 5 tablespoons plain greek yogurt 2%
- 2 tablespoons coconut oil or canola oil
- 1 red bell pepper large, cored and thinly sliced
- 1/2 head cauliflower cut into florets
- 1/2 yellow onion medium, very finely chopped
- 1 tablespoon fresh ginger minced
- 1 tablespoon minced garlic about 3 cloves
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon tomato paste
- 1 1/2 teaspoons garam masala
- 1 1/2 teaspoons turmeric
- 1/8 teaspoon cayenne pepper
- 1 can crushed tomatoes 28 ounces
- 1 package frozen peas 10 ounces
- 1/2 cup plain greek yogurt 2%
- 1/4 cup fresh cilantro roughly chopped
- naan for serving
- brown rice optional

Nutrition:

1. Calories: 330 calories

2. Carbohydrate: 30 grams
3. Cholesterol: 45 milligrams
4. Fat: 19 grams
5. Fiber: 5 grams
6. Protein: 12 grams
7. SaturatedFat: 12 grams
8. Sodium: 840 milligrams
9. Sugar: 8 grams

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