

Cottage Cheese With Green Peas Indian Curry

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/green-peas-snacks-indian-recipe>

Ingredients:

- 250 grams paneer cheese or cottage
- 1 onion big ,chopped
- 1 inch ginger chopped
- 4 cloves garlic crushed, You can use 1 tbsp Ginger garlic paste instead of chopped ginger and crushed garlic
- 2 medium tomato finely chopped
- 1/2 cup green peas
- 1 green chili deseeded, you can have more according to your taste
- 10 cashew nuts
- 1 teaspoon coriander powder
- 1 teaspoon cumin seeds
- 1 inch cinnamon
- 2 cloves
- 1 bay leaf
- 1 1/2 teaspoons red chili powder Kashmiri, again you can increase this as per your taste
- 1 teaspoon fenugreek leaves crushed and dried, Kasuri Methi
- 1/4 teaspoon turmeric powder
- 4 tablespoons cream 3- ,Fresh, or Malai
- 2 teaspoons garam masala powder
- 1/4 cup water
- 2 tablespoons butter / 2 tbsp Ghee, clarified butter
- 4 tablespoons vegetable oil 3- ,I used Sunflower oil but you can use Cranola or any vegetable oil
- salt to taste
- 2 tablespoons coriander leaves finely chopped

Nutrition:

1. Calories: 430 calories

2. Carbohydrate: 15 grams
 3. Cholesterol: 75 milligrams
 4. Fat: 38 grams
 5. Fiber: 4 grams
 6. Protein: 9 grams
 7. SaturatedFat: 15 grams
 8. Sodium: 470 milligrams
 9. Sugar: 7 grams
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