

# Best Malai Kofta ( Veggie Cheese Balls in Yellow Gravy)

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/india-garden-vegetable-malai-kofta-recipe>

## Ingredients:

- 1 cup potatoes boiled and shredded
- 1 cup paneer shredded, Indian Cheese
- 1 cup veggies boiled & mashed mixed, I used ½ cup cauliflower and ½ cup green peas. You can easily use carrots, green beans.
- 4 green chilies Paste from, or as per taste
- 1 1/2 teaspoons coriander powder
- 1/2 teaspoon cumin powder
- 1/2 teaspoon red chili powder
- 2 tablespoons chopped cilantro
- salt to taste
- corn starch for coating
- vegetable oil for frying, I used canola oil
- nuts \*You can also use mixed variety of, if you are into that sort of thing.
- 2 teaspoons olive oil
- 1 1/4 cups red onion chopped
- 1/2 teaspoon salt
- 1 tablespoon ginger paste
- 1 tablespoon garlic paste
- 1/2 teaspoon turmeric powder
- 2 tomatoes chopped
- 1 teaspoon red chili powder or as per taste
- 2 teaspoons coriander powder
- 1 teaspoon cumin powder
- 1 teaspoon olive oil
- 1 teaspoon cumin seeds
- 3/4 cup half & half fat free
- 2 tablespoons cashew nuts very finely chopped, I like giving them a quick chop in the food processor
- 2 cups water
- 2 teaspoons sugar
- cilantro for garnishing, optional

## **Nutrition:**

1. Calories: 410 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 40 milligrams
4. Fat: 29 grams
5. Fiber: 6 grams
6. Protein: 11 grams
7. SaturatedFat: 9 grams
8. Sodium: 680 milligrams
9. Sugar: 12 grams

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