

Indian Broccoli with Paneer

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-broccoli-recipe>

Ingredients:

- 1 pound broccoli cut into florets with long stems attached, broccolini is another great choice
- 12 ounces paneer cheese cut into strips 1/4 inch thick and 3/4 to 1 inch wide
- 1 pinch ground cumin
- 1 tablespoon ghee
- 1/2 teaspoon brown mustard seeds
- 1/4 teaspoon nigella seeds aka kalonji seeds
- 1 teaspoon cumin seeds
- 1 yellow onion medium, cut in half and sliced into thin strips
- 1 tablespoon minced garlic
- 1 tablespoon minced ginger
- 1/2 teaspoon mace ground
- 1/4 teaspoon sea salt

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 40 milligrams
4. Fat: 15 grams
5. Fiber: 3 grams
6. Protein: 8 grams
7. SaturatedFat: 7 grams
8. Sodium: 310 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Indian Broccoli with Paneer above. You can see more 18 indian brovulli recipe Cook up something special! to get more great cooking ideas.