

Punjabi Matar Paneer Sabji

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 1 9/16 cups paneer Indian Cottage cheese
- 1 3/8 cups peas Matar
- 3 tomatoes
- 1 onion
- 2 green chillies
- 1 2/3 tablespoons ginger
- 4 sprigs cilantro coriander
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 1 teaspoon chilli powder kashmiri red
- 1/2 teaspoon turmeric
- 1 teaspoon coriander powder
- 1/4 teaspoon Garam Masala
- 1/4 teaspoon kasuri methi

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 35 milligrams
4. Fat: 12 grams
5. Fiber: 5 grams
6. Protein: 9 grams
7. SaturatedFat: 7 grams
8. Sodium: 480 milligrams
9. Sugar: 10 grams

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