

Matar Paneer

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 4 tablespoons vegetable oil plus for frying paneer
- 1 cup onion Chopped
- 1 cup tomato Chopped
- 1 inch ginger Chopped]
- 6 cloves garlic
- 2 teaspoons green chilli Chopped
- 2 teaspoons coriander powder
- 1 teaspoon turmeric powder
- 2 teaspoons chilli powder Kashmiri red
- 1/2 teaspoon cumin powder
- 1/2 teaspoon garam masala powder
- 400 grams paneer
- 1 cup peas Boiled till soft
- salt to taste
- fresh coriander for garnishing, optional

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 75 milligrams
4. Fat: 37 grams
5. Fiber: 4 grams
6. Protein: 12 grams
7. SaturatedFat: 14 grams
8. Sodium: 540 milligrams
9. Sugar: 8 grams

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