

Instant Pot Indian Matar Paneer

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 2 tablespoons oil
- 1 1/2 cups onion finely chopped
- 1 minced ginger tbsp, 1 tbsp
- 1 minced garlic tbsp, 1 tbsp
- 1 cup diced tomatoes
- 1/4 cup water
- 1 teaspoon turmeric
- 1 teaspoon garam masala
- 1 teaspoon cayenne
- 1 teaspoon salt
- 1/2 cup water
- 12 frozen peas oz, 340.2 g
- 1 cup paneer chopped, or firm tofu if dairy-free
- 1/4 cup heavy whipping cream Or full-fat coconut milk
- 1/4 cup cilantro or parsley, chopped

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 45 milligrams
4. Fat: 20 grams
5. Fiber: 3 grams
6. Protein: 5 grams
7. SaturatedFat: 8 grams
8. Sodium: 720 milligrams
9. Sugar: 6 grams

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