

Mutter Paneer – Peas and Indian Cottage Cheese Gravy

Yield: 2 min
Total Time: 30 min

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

Ingredients:

- 1 1/16 cup green peas
- 1 onion medium sized
- 1 1/2 teaspoons ginger garlic paste
- 6 3/4 tablespoons stock
- 7/8 cup tomato paste
- 1 teaspoon turmeric powder
- 1/2 teaspoon chilli powder
- 1/2 teaspoon coriander powder
- 1/2 teaspoon cumin powder
- 1 1/2 teaspoons garam masala
- 1/2 teaspoon tandoori masala
- fenugreek pinch dried, leafs, Kasoori Methi
- 1 pinch salt
- 1 pinch pepper
- 3 drops food coloring optional
- 1 9/16 cups paneer cubes
- 3 tablespoons cream
- coriander to garnish, optional

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 95 milligrams
4. Fat: 29 grams
5. Fiber: 9 grams
6. Protein: 19 grams
7. SaturatedFat: 16 grams

8. Sodium: 1450 milligrams
 9. Sugar: 23 grams
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