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Restaurant Style Paneer Tikka Masala

Yield: 4 min Total Time: 30 min

Recipe from: https://www.recipeschoose.com/recipes/indian-recipe-restaurant-style-paneer-tikka-masala

Ingredients:

- 1 cup paneer Bite Size Cubed
- 1 cup greek yogurt
- 1 teaspoon ginger +Garlic Paste
- 1 medium onion chopped
- 1 can diced tomato
- 2 small tomatoes
- 9 roasted cashews or 1 Tbsp Cashew Butter
- 1 tablespoon tomato ketchup
- 2 tablespoons cream or Sour Cream you can add any
- 1/2 tablespoon honey you can use sugar or sweetener of any kind
- 4 tablespoons olive oil or any light flavorless oil
- 1 bay leaf
- 3 green cardamoms crushed into a fine powder
- 2 cloves crushed into fine powder
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon chili powder
- 1 tablespoon kasuri methi Dry Fenugreek Leaves available in any Indian store.
- 1/2 teaspoon Garam Masala
- salt to taste
- 2 tablespoons greek yogurt
- 1 teaspoon fenugreek leaves Crushed Dry
- 1/2 teaspoon ginger Grated

Nutrition:

Calories: 320 calories
Carbohydrate: 18 grams

3. Cholesterol: 40 milligrams

4. Fat: 25 grams5. Fiber: 3 grams6. Protein: 8 grams

7. SaturatedFat: 9 grams8. Sodium: 390 milligrams

9. Sugar: 11 grams

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