

Methi Paneer - Cottage Cheese in Indian Sauce

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-of-cottage-cheese-indian>

Ingredients:

- 1 cup cottage cheese – Cut into bite sizes pieces, Paneer
- 1/2 cup plain yogurt Make sure the yogurt is thick
- 1/4 cup fenugreek leaves Fresh, – Chopped, Fresh Methi
- 1 teaspoon ginger +Garlic Paste
- 4 tablespoons oil Any flavorless oil
- 1/4 cup water
- 2 onion Large, – Finely Sliced
- 2 tomatoes – Finely Sliced
- 1 tablespoon tomato paste –, If not available, can add tomato puree
- 1/2 green chilies Large, Julienne – Add as per taste
- 3 drops food color Orange
- 1 teaspoon turmeric Haldi
- 1/2 teaspoon cinnamon powder Dalchini
- 1 teaspoon garam masala Powder - Homemade OR Store bought
- 1 tablespoon coriander powder Dhania
- 1 tablespoon cumin powder Jeera
- 1 teaspoon red chili powder Powdered
- 2 teaspoons salt Powdered, As per your taste

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 15 milligrams
4. Fat: 18 grams
5. Fiber: 3 grams
6. Protein: 9 grams
7. SaturatedFat: 3 grams

8. Sodium: 1430 milligrams
 9. Sugar: 8 grams
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