

How to Make Methi Paneer – Indian Cottage Cheese Curry

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/methi-leaves-indian-recipe>

Ingredients:

- 1 cup paneer Cottage Cheese Cubes
- 1/4 cup methi leaves can use dry kasuri methi or fresh methi leaves
- 1/2 cup plain yogurt
- 1 inch fresh ginger
- 2 cloves garlic
- 2 large onion
- 2 tomatoes
- 1 tablespoon tomato paste can use tomato puree or even 1tbsp ketchup
- 4 tablespoons vegetable oil
- 1/2 cup water
- 1 teaspoon turmeric
- 1/2 teaspoon garam masala powder
- 1 tablespoon coriander powder
- 1 teaspoon Kashmiri red chili powder Deggi Mirch – can use regular red chili powder too
- 1 teaspoon salt As per your taste

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 30 milligrams
4. Fat: 23 grams
5. Fiber: 5 grams
6. Protein: 8 grams
7. SaturatedFat: 6 grams
8. Sodium: 760 milligrams
9. Sugar: 7 grams

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