

Paneer do pyaza, popular North Indian dish

Yield: 2 min
Total Time: 50 min

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

Ingredients:

- 200 grams paneer
- onion / pyaz - 2 large size, 1 chopped + 1 separate & cut each layers into 2-3 pieces
- ginger / adrak - 2 tsp, paste
- garlic / lahsun - 1 tsp, paste
- tomato / tamatar - 1 small size, chopped
- 1 1/2 teaspoons cumin
- red chili / lal mirch - 2 tsp
- fenugreek leaves Dried, / Kasuri methi - pinches of
- cardamom / elaichi - 2 pieces
- 1/2 cup full cream milk
- 1/2 cup water
- salt as needed
- 1 1/2 tablespoons oil

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 80 milligrams
4. Fat: 36 grams
5. Fiber: 1 grams
6. Protein: 12 grams
7. SaturatedFat: 15 grams
8. Sodium: 760 milligrams
9. Sugar: 9 grams

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