

# Easy Paneer Tikka Masala

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/paneer-tikka-masala-veg-indian-recipe>

## Ingredients:

- 400 grams paneer cut into bite sized pieces
- 2 cups greek yogurt or Hung Yoghurt
- 1 tablespoon lemon juice
- 1 teaspoon ginger crushed
- 1 teaspoon crushed garlic
- 1 teaspoon garam masala
- 1/2 teaspoon turmeric
- 1 teaspoon red chili /paprika
- salt to taste
- 3 cups tomato puree canned
- 2 teaspoons ginger crushed
- 2 teaspoons crushed garlic
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon garam masala
- 1/2 teaspoon turmeric
- 1 tablespoon sugar
- 1/2 cup water
- 1/3 cup light cream
- 1 tablespoon kasoori methi dried fenugreek
- 1 tablespoon butter
- 1 tablespoon oil
- salt to taste

## Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 110 milligrams
4. Fat: 37 grams

5. Fiber: 5 grams
  6. Protein: 18 grams
  7. SaturatedFat: 20 grams
  8. Sodium: 1560 milligrams
  9. Sugar: 22 grams
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