

South Indian Style Paneer Mattar

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-recipe-with-paneer>

Ingredients:

- 220 grams paneer chopped
- 6 tablespoons olive oil
- 1 teaspoon cumin
- 1 teaspoon mustard seeds
- 1 handful curry leaves washed, dried & roughly chopped
- 2 inches ginger grated
- 2 cloves garlic peeled & grated
- 1 green chilli finely chopped
- 1 1/2 teaspoons salt or according to taste
- 1/2 teaspoon paprika
- 1/4 teaspoon turmeric powder
- 1 teaspoon Garam Masala
- 2 tablespoons Greek yoghurt
- 2 tablespoons tomato juice
- 2 plum tomatoes
- 1 cup peas

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 40 milligrams
4. Fat: 34 grams
5. Fiber: 3 grams
6. Protein: 8 grams
7. SaturatedFat: 10 grams
8. Sodium: 1080 milligrams
9. Sugar: 6 grams

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