

Tasty Pudina Paneer Pulao of India

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- salt as need
- 10 black peppercorns
- 1 1/2 ginger Roughly chopped
- 100 grams cottage cheese cubes of
- 1/4 cup chopped fresh mint roughly
- 2 cardamoms
- water
- 5 cloves
- 5 green chillies
- 1 3/4 cups rice { Suggested Basmati Rice for best flavour taste }
- 2 tablespoons clarified butter
- 2 bay leaves
- 2 green chillies Roughly chopped
- 3/4 cup yogurt Whisked

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 25 milligrams
4. Fat: 9 grams
5. Fiber: 4 grams
6. Protein: 8 grams
7. SaturatedFat: 5 grams
8. Sodium: 320 milligrams
9. Sugar: 7 grams

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