



Paneer Kofta Curry (HV)

Serving: 1

Veg

Ingredients

- **For the koftas:**
- **Paneer: 50 gm. , crumbled**
- **Spinach: 1/2 cup chopped**
- **Ginger: 1 inch piece**
- **Green chili: 2**
- **Garam masala: 1/2 tsp.**
- Salt to taste
- **For the gravy:**
- **Yogurt: 3 tbsp**
- **Green coriander: A handful**
- Salt to taste
- oil 1 tsp
- **Garam masala: 1/2 tsp.**
- **Red chili powder: 1/2 tsp.**
- **Jeera: 1/2 tsp.**

Preparation Method

- Mix paneer, spinach, finely chopped ginger, chopped chili, salt, and garam masala.
- Make small balls
- In a pan, add around 1/2 tsp oil and pan-fry these koftas till cooked, about 5 minutes.
- **For Garvey Method :**
- In same pan, 1/2 tsp oil . Once hot, add jeera and let it crackle.
- Take curd in a bowl. Mix green coriander, salt, garam masala, and red chili powder.
- Pour it in the pan, mix nicely, and remove from heat.
- Now add the koftas to this gravy. Let them rest for a while to absorb flavors from gravy.