



Paneer Corn Sabji (HV)

Serving: 1

Veg

Ingredients

- -Spinach chopped- 100 gms
- -paneer - 20 grams
- -Corn kernels boiled- 10 grams
- -Onion- 1 small
- -Tomato puree- 100ml
- -Cumin seeds- $\frac{1}{2}$ teaspoon
- -Garlic cloves chopped 2-3
- -Green chilli slit- 1
- -Yogurt-1 tsp
- -Fresh coriander leaves- a few
- -Oil- $\frac{1}{2}$ tsp
- -Salt to taste

Preparation Method

- -Heat oil in a non-stick pan, add cumin seeds and garlic and saute.
- -Now add finely chopped onions and saute for 2-3 minutes. When onions turn golden, add tomato puree and continue to saute.
- -Chop the spinach finely, add in the same pan along with $\frac{1}{2}$ cup water and mix well. Add corn kernels and mix.
- -Cut cottage cheese into small cubes and add to the pan. Add green chilies, salt and yogurt and mix well.
- -Transfer into a serving dish, garnish with red and yellow capsicum strips and coriander leaves and serve hot.