

C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Veg

## Ingredients

- Paneer (Cottage Cheese) 50 grams
- Green Chillie 1
- Fresh Chopped Coriander Leaves-1/2 cup
- Oil  $\frac{1}{2}$  Tsp
- Onion, Chopped-4 tbsp
- Ginger Garlic Paste  $\frac{1}{2}$  tsp
- Turmeric Powder <sup>1</sup>/<sub>4</sub> Tsp
- Coriander Powder <sup>1</sup>/<sub>4</sub> tsp
- Cumin Powder  $-\frac{1}{4}$  tsp
- Ginger Garlic Finely Chopped 1 tsp
- Red Chilli Powder 1 tsp
- Salt To taste
- Yogurt 1 tbsp
- Lemon juice -1 tsp

## Preparation Method

- 1. Chop Green Chillies, Garlic, Coriander Leaves. Cut Paneer into <sup>1</sup>/<sub>2</sub> inches cubes and then halve into triangles.
- 2. Heat Oil in a non stick pan. Add onions and saute for 2 minutes or till lightly browned. Add Ginger -garlic paste, Turmeric powder, Coriander powder, cumin powder and
- red chilli powder and mix well
- 3. Add Chopped fresh green coriander leaves and <sup>1</sup>/<sub>4</sub> cup water and mix well. Add salt and yogurt and mix.
- 4. When the mixture comes to boil,add paneer pieces and mix gently and lemon juice and switch off the heat.
  Garnish the dish with fresh chopped green coriander.
- 5. Serve Hot.