



Vitamin Rich Kofta Curry (HV)

Serving: 1

Veg

Ingredients

- **FOR THE PANEER KOFTAS:**
- 1/2 cup blanched and chopped spinach
- 1/2 cup grated low - fat paneer
- **2 tbsp rice flour:**
- 1/2 tsp finely chopped green chili
- **salt to taste :**
- **FOR THE MAKHANI GRAVY :**
- 3 cups finely chopped tomatoes
- 1/2 cup finely chopped onions
- 2 tsp finely garlic
- 1 tsp grated ginger
- 25mm (1
- 2 cloves
- 1/4 red pumpkin cubes
- 1 tsp oil
- 1/2 tsp cumin seeds
- 1 tsp chilli powder
- 1 tsp dried fenugreek leaves
- 1/2 sugar
- Salt to taste
- 1/2 tsp cornflour
- 1/2 cup low fat milk

Preparation Method

- **FOR KOFTAS :**
- Mix all ingredients together. Roll in to small balls. steam the Koftas by placing it in a steamer for 4-5 minutes.
- **FOR GRAVY :**
- Combine tomatoes, red pumpkin, cinnamon, cloves, onion, garlic, ginger with 3/4 glass water. Boil together for 8-10 mins or till vegetables cooked property. keep aside.
- when cool discard cinnamon cloves. rest Blend it with a blender in to smooth paste.
- **HOW TO PROCEED:**
- Heat oil in a kadhai. add cumin seed . when seeds crackle add dry fenugreek leaves. add tomato onion gravy. let it simmer for 3-5 mins. just before serving add koftas in to the gravy. serve hot.