



Beetroot Curry with Paneer (HV)

Serving: 1

Veg

Ingredients

- -1 small onion, chopped
- -1 tsp oil
- -1/2 tsp black mustard seeds
- -1 tsp coriander seeds
- -1/2 tbsp cumin seeds
- -1 tsp ground turmeric
- -1 tsp chilli powder
- -1 small cinnamon stick
- -1 cup vegetable stock
- -2 tsp desiccated coconut
- -10 fresh or dried curry leaves
- -1 cup boiled beetroot roughly chopped
- -50 grams paneer
- - 2 tbsp Chopped coriander
- -Lime wedges

Preparation Method

- -In a large pan, fry the onion in a little oil for 3-4 minutes until softened. Add the mustard seeds, coriander seeds, cumin seeds, ground turmeric, chilli powder and cinnamon. Fry for a few minutes until the mustard seeds start to pop.
- -Pour over the stock, desiccated coconut and curry leaves. Stir in the beetroot.
- Meanwhile, cut the paneer into large cubes and fry for 5 minutes in a little oil, turning, until golden. Tuck these into the curry for the last 5 minutes of cooking. Serve with Roti, chopped coriander and lime wedges to squeeze over