



Subz Makhani (HV)

Serving: 1

Veg

Ingredients

- 1 cup chopped and boiled mixed vegetables (carrots,green peas, cauliflower and french beans)
- 50 grams low fat paneer (cottage cheese) cubes
- **FOR THE MAKHANI GRAVY :**
- 1 cup finely chopped tomatoes
- 1/2 cup finely chopped onions
- 1 tsp finely chopped garlic (lehsun)
- 1 tsp finely chopped ginger (adrak)
- 2 cloves
- 1 stick of cinnamon(dalchini)
- 1/4 cup chopped red pumpkin
- 1 tsp oil
- 1/2 tsp cumin seed
- 1/4 dried fenugreek leaves (kasuri methi)
- 1 tsp chilly powder
- 1/2 tsp sugar
- salt to taste
- 1/2 tsp cornflour dissolved in low-fat milk dissolved in 1/2 cup (99. 7% fat free)
- **FOR THE GARNISH :**
- 1 tbsp finely chopped coriander (dhania)

Preparation Method

- 1. Combine the tomatoes,onions,garlic,ginger,cloves,cinnamon,red pumpkin and 3/4 cup of water in a deep non stick pan,mix well and cook on a slow flame for 8 to 10 minutes or till the vegetables are soft. Keep aside to cool slightly.
- 2. Blend the mixture in a mixer till smooth and keep aside.
- 3. Heat the oil in a non stick kadhai and the cumin seeds.
- 4. When the seeds crackles,add the dried fenugreek leaves and chilli powder and saute on a medium flame for a few seconds.
- 5. Add the onion tomato mixture ,sugar salt and corn flour - milk mixture mix well and cook on a medium flame for 3 to 4 minutes, stirring Occasionally. keep aside.
- **HOW TO PROCEED:**
- 1. Just before serving,bring the makhani gravy to a boil, add veggies and paneer ,mix well and cook on a medium flame for 2 minutes ,while stirring occasionally.
- 2. Serve hot garnished with coriander.



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