



Paneer Stuffed Karela* (OP I)

Serving: 1

Veg

Ingredients

- Karela/Bitter Gourd - 80-100 gm.
- **Paneer: 20 gm.**
- **Onion: 1/2**
- **Ginger Garlic paste: 1 tsp.**
- **Jeera: 1/4 tsp.**
- Salt to taste
- **Turmeric powder, chili powder, chaat masala, garam masala: 1/2 tsp. each**
- **Yogurt: 2 tsp.**
- **Ghee: 5 gm.**

Preparation Method

- Slit the karela & remove the seeds. Apply salt & keep it aside for some time. Boil it in water, which will take the bitterness off. Don't cook it completely.
- For stuffing, add ghee, jeera, chopped onion, mashed paneer, add all the spices, ginger garlic paste, and salt. Add 1 tsp. yogurt and cook for around 2 minutes.
- For marinating, in a bowl add 1 tsp. yogurt & the spices. Mix and apply to the bitter gourd. Stuff it with paneer mixture n let it cook.
- Garnish with chaat masala & lemon. Enjoy