



Tofu stir fry

Serving: 1

Veg

Ingredients

- -100 grms tofu cubes
- -1/2 cup capsicum , cut into thin strips
- -1 tsp oil
- - 1 tsp garlic (lehsun) paste
- - 1 tsp chilli paste
- -1 tsp coriander (dhania) seeds , coarsely crushed
- - 1 /2 tsp finely chopped green chillies
- - 1 /4 tsp chopped ginger (adrak)
- -2 tbsp finely chopped tomatoes
- - 1 /4 tsp dried fenugreek leaves (kasuri methi)
- -salt to taste
- -For The Garnish -1 tbsp finely chopped coriander (dhania)

Preparation Method

- -Heat the oil in a broad non-stick pan, add the garlic paste and sauté on a slow flame for a few seconds. -Add all the veggies , chilli paste and coriander seeds and sauté on a slow flame for 1 minute
- -Add the green chillies and ginger and sauté again for a few seconds.
- -Add the kasuri methi and salt, mix well and cook on a medium flame for 1 minute.
- Finally, add the paneer, mix gently and cook on a medium flame for 1 minute. -Serve hot garnished with coriander.