

C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Veg

Ingredients

- 5 tbsp Fenugreek Leaves chopped
- 1 tsp oil
- 2 tbsp Curd
- 75 grams Paneer
- ¹/₄ Cup Water
- ¹/₂ tsp Cumin Seeds
- 1 tsp Ginger Chopped
- 1/2 tsp Green chilly Chopped
- ¹/₄ tsp Cinnamon Powder
- ¹/₄ tsp Clove Powder
- ¹/₄ tsp Cardamom Powder
- Salt to taste

Preparation Method

- In a pan heat oil.
- Add Cumin Seeds, Chopped Ginger, Chopped Green Chillies and let it cook for while
- Add Cinnamon Powder, Clove Powder, Cardamom Powder and let masala cook.
- Add Curd, Salt, Fenugreek Leaves and give a stir.
- Add water and let it cook for 2 minutes.
- Add paneer and cook for while.
- Can add little water if gravy required
- Garnish with coriander leaves and serve hot.