



## Bottlegourd and Paneer Soup\*

Serving: 1

Veg

### *Ingredients*

- -1 tbsp about 30 ml Coconut Milk
- -20gms Turnips cut in dices
- -50gms Bottle Gourd (Lauki) cut in dices
- -Handful Spinach finely chopped
- -1 cloves Garlic
- -1tsp Ginger paste
- - $\frac{1}{4}$  tsp Star Anise powder
- -pinch tsp Cloves powder
- -pinch Black Pepper powder
- -2 tbsp homemade Ghee
- -1 tbsp of finely chopped Red onion
- -50 gms Paneer or Cottage Cheese cut in small cubes

### *Preparation Method*

- 1. In a wok add the ghee and heat it.
- 2. Drop the cubes of Paneer.
- 3. Fry till they are golden and then remove from the wok.
- 4. In the same ghee now drop the ginger paste and fry till it changes color. Next add the garlic, cloves and star anise and fry some more.
- 5. Add the onion and fry till it becomes pink. Add half a cup of water and let it come to a boil.
- 6. Now add the turnips and cover the wok for five to seven minutes, allow to cook on low heat.
- 7. Open the lid and add the bottle gourd and cover the pan again for five to seven minutes.
- 8. Check if the vegetables are almost tender. Then add the spinach and keep cooking on low heat.
- 9. Once the veggies are fully tender, add the coconut milk, salt, pepper and cook for three to four minutes more. Switch off the heat, cover the soup and let it cool down.
- 10. Blend the soup and heat it once again.