

Here's a delightful and wholesome Indian recipe using your specified ingredients!

Dahiware Aloo Paneer Pulao (Tangy Potato & Paneer Pulao)

Short Description:

A fragrant and hearty one-pot rice dish where tender potato cubes and soft paneer pieces are cooked in a

****Cuisine:**** Indian

****Diet:**** Vegetarian

****Servings:**** 2

****Preparation Time:**** 20 minutes (plus 30 mins soaking time for rice)

****Cooking Time:**** 25-30 minutes

****Total Time:**** Approximately 45-50 minutes (excluding rice soaking)

Ingredients List:

* ****For the Rice:****

- * Basmati Rice: 1 cup (about 180g)
- * Water: 1.75 - 2 cups (depending on rice quality)
- * Salt: to taste

* ****For the Pulao:****

- * Paneer: 100g, cut into 1-inch cubes
- * Potatoes: 1 large (or 2 medium), peeled and cut into 1-inch cubes
- * Curd (Yogurt): ½ cup (about 120g), plain, full-fat, whisked until smooth
- * Onion: 1 medium, thinly sliced
- * Ginger-Garlic Paste: 1 teaspoon
- * Green Chillies: 1-2, slit lengthwise (adjust to spice preference)
- * Oil or Ghee: 2 tablespoons

* ****Whole Spices (Khada Masala):****

- * Cumin Seeds (Jeera): ½ teaspoon
- * Bay Leaf (Tej Patta): 1 small
- * Cinnamon Stick (Dalchini): 1 inch piece
- * Green Cardamom (Elaichi): 2 pods
- * Cloves (Laung): 3-4

* ****Ground Spices (Pise Masala):****

- * Turmeric Powder (Haldi): ¼ teaspoon
- * Red Chilli Powder (Lal Mirch): ½ teaspoon (or to taste)
- * Coriander Powder (Dhaniya Powder): 1 teaspoon
- * Garam Masala: ½ teaspoon

* ****Garnish:****

- * Fresh Coriander Leaves: 2 tablespoons, chopped

****Step-by-step Method:****

1. ****Prepare the Rice:**** Wash the Basmati rice thoroughly under cold running water until the water runs clear.
 - * Drain the rice well.
2. ****Prepare Paneer & Potato:****
 - * Lightly pan-fry the paneer cubes in 1 teaspoon of oil/ghee until golden brown on all sides. Remove and drain on a paper towel.
 - * Pat the potato cubes dry.
3. ****Sauté Aromatics & Spices:****
 - * Heat the remaining 2 tablespoons of oil or ghee in a heavy-bottomed pan or pressure cooker over medium heat.
 - * Add all the whole spices (cumin seeds, bay leaf, cinnamon stick, green cardamom, cloves). Sauté for 1 minute.
 - * Add the sliced onions and cook until they turn golden brown, stirring occasionally.
 - * Stir in the ginger-garlic paste and slit green chillies. Sauté for another minute until the raw smell disappears.
4. ****Cook Potatoes & Ground Spices:****
 - * Add the potato cubes to the pan and sauté for 3-4 minutes.
 - * Reduce the heat to low. Add the ground spices: turmeric powder, red chilli powder, and coriander powder. Stir well.
5. ****Add Curd (Yogurt):****
 - * Ensure the heat is on low. Add the whisked curd to the pan. Stir continuously and quickly to prevent the curd from curdling.
6. ****Combine Rice, Paneer & Water:****
 - * Add the drained Basmati rice, fried paneer cubes (if using), and salt to taste. Gently mix everything together.
 - * Pour in 1.75 to 2 cups of water. Stir gently once more.
7. ****Cook the Pulao:****
 - * Increase heat to high and bring the mixture to a rolling boil.
 - * Once boiling, reduce the heat to the lowest setting, cover the pan tightly with a lid, and let it simmer for 15-20 minutes.
8. ****Finish & Serve:****
 - * Once cooked, turn off the heat and let the pulao rest, covered, for 5-10 minutes.
 - * Sprinkle with garam masala and chopped fresh coriander leaves.
 - * Gently fluff the pulao with a fork before serving.

****Nutritional Info (Approximate per serving):****

Please note that these values are estimates and can vary based on specific ingredient brands, cooking methods, and portion sizes.

- * **Calories:** ~750 - 800 kcal
- * **Carbohydrates:** ~85 - 90g
- * **Protein:** ~20 - 25g
- * **Fat:** ~35 - 40g
- * **Fiber:** ~5 - 7g

This Dahiware Aloo Paneer Pulao is a complete and satisfying meal on its own, best served with a side of