

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

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### ### Dahiwale 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)

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**\*\*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):  $\frac{1}{2}$  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):  $\frac{1}{2}$  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):  $\frac{1}{4}$  teaspoon
- \* Red Chilli Powder (Lal Mirch):  $\frac{1}{2}$  teaspoon (or to taste)
- \* Coriander Powder (Dhaniya Powder): 1 teaspoon
- \* Garam Masala:  $\frac{1}{2}$  teaspoon

- \* \*\*Garnish:\*\*
- \* Fresh Coriander Leaves: 2 tablespoons, chopped

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

1. **\*\*Prepare the Rice:\*\*** Wash the Basmati rice thoroughly under cold running water until the water runs clear.
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.
  - \* 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 a few seconds.
  - \* 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. Mix 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 10-12 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.

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**\*\*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 Dahiwale Aloo Paneer Pulao is a complete and satisfying meal on its own, best served with a side of