

Paneer Bhurji Recipe (Scrambled Indian Cheese)

Paneer Bhurji is basically a scrambled and spiced paneer preparation made with onions, tomatoes, herbs and spices. This recipe is a Punjabi style of making this popular and delicious North Indian dish, just the way it is made in my home.

Paneer also referred to as Indian cottage cheese is an important source of proteins for vegetarians. Indian cuisine has a variety of dishes made with this milk product. There are different ways you can use paneer in cooking, like make [Paneer Kofta](#) of it, use it cubed or diced in curries and also crumble it to make a lovely Paneer Bhurji.

About Paneer Bhurji

In Hindi, the word 'Bhurji' literally translates to 'Scrambled.' So technically, Paneer Bhurji is basically scrambled paneer or cottage cheese cooked with some more ingredients.

In this quick and simple vegetarian recipe, crumbled homemade paneer is cooked with a sautéed mixture of onions, tomatoes, ginger-garlic paste, green chilies and some spices into a savory, tangy and satisfying dish.

You can actually take it as the vegetarian version of the Indian style

scrambled eggs which is popularly known as egg bhurji or *anda bhurji* in Hindi language.

There are two ways of making this dish. One is the dry or semi-dry version which I have shared here and is the most common way this recipe is made.

The second version called [Paneer Bhurji Gravy](#), has a curry or gravy base and is served in some local eateries (dhabas) and restaurants in North India.

The ingredients and method of preparation of the curried version is unique and different as compared to the dry version.

The flavorful Paneer Bhurji recipe, as like other bhurji recipes, is quick to make and an ideal breakfast dish too.

What's best is that you can even make a vegan version of the Paneer Bhurji by substituting the Indian cottage cheese (paneer) with tofu.

However, make sure to not use silken tofu or soft tofu for the same. To make it easier for you, refer to this recipe of [Tofu Bhurji](#).

In addition to the Paneer Bhurji recipe, the anda or egg bhurji is also a classic dish served in most of the dhabas or road side eateries in the whole of

North and Western India.

While in Punjabi households, even the [Mooli Bhurji](#) is quite common, which is made with grated of finely chopped tender white radish of the winter season.

Ingredient Essentials

Here's a list of all that you essentially need for a tasty, delicious Paneer Bhurji recipe:

- **Firm paneer (cottage cheese):** It is a no brainer that you would obviously require paneer for this bhurji recipe, as it is the main

ingredient here. Paneer is fresh cheese which is made by curdling the milk with an acidic ingredient like lemon juice or vinegar. Whenever I make any dish that uses paneer, I prefer to use homemade rather than store-bought paneer, as it is tastier and fresher.

- **Homemade paneer:** Making paneer from scratch may sound intimidating at first, but once you try it, it is quite easy and tastes so good. Simply follow the step-by-step

instructions on [How To Make Paneer](#) and you will have a fresh block of homemade paneer within half an hour.

- **Onions and tomatoes:** Both onions and tomatoes are unanimously added in many Indian dishes. For the onions, you can use red onions, yellow onions or white onions. For tomatoes, use the ones which are ripe, red and not too tart or sour.
- **Ginger-garlic paste:** A paste of ginger and garlic is also used in this recipe. To make

this paste you simply use a mortar and pestle to crush together the fresh ginger and garlic. Although a freshly made paste is always better, a readymade ginger-garlic paste also can be used.

- **Spices:** These are the usual Indian ground spices like red chilli powder, turmeric powder, coriander powder and garam masala powder. Most of these are easily available outside India too, in Asian grocery stores and even online. For the

garam masala, I always use the homemade one in all my recipes. To make a fragrant and flavorful garam masala powder at home, refer to this recipe of homemade [Garam Masala](#).

Step-by-Step Guide

How to make Paneer Bhurji

Prep Paneer & Make Onion Tomato Masala

1. Crumble 200 to 250 grams paneer with your fingers and keep aside. I have used homemade paneer.

2. Heat 3 tablespoons oil in a frying pan or kadai (wok) or a sauté pan or frying pan. You can even use ghee or butter, instead of oil.

Add ½ teaspoon cumin seeds and let them crackle on low to medium-low heat.

3. Then, add ½ cup finely chopped onions.

4. Sauté the onions on medium-low heat till translucent and soft.

5. Next, add 1 teaspoon ginger-garlic paste and 1 or 2 chopped green chilies (about ½ to 1 teaspoon, chopped).

6. Mix very well and sauté for some seconds till the raw aroma of ginger-garlic goes away.

7. Add 1 cup tightly packed finely chopped tomatoes.

8. Mix the tomatoes and begin to sauté on medium-low heat.

9. Sauté the tomatoes till completely soft. You can also add a pinch of salt, so that the tomatoes cook faster.

You will see oil releasing from the sides of the mixture, once the tomatoes are softened.

10. Now add all the ground spice powders:

- ¼ teaspoon turmeric powder (ground turmeric)
- ½ teaspoon red chilli powder (or ¼ to ½ teaspoon cayenne pepper)
- ½ teaspoon coriander powder (ground coriander)
- ¼ to ½ teaspoon garam masala powder

11. Mix very well and sauté for 5 to 6 seconds on low to medium-low heat.

Make Paneer Bhurji

12. Add the crumbled paneer and salt as per taste.

13. Mix thoroughly and cook for 1 minute. Don't cook the paneer for a long time, as it hardens and loses its softness.

14. Turn off the heat and add 3 tablespoons chopped coriander leaves. Mix very well.

14. Serve Paneer Bhurji hot with roti, chapati, phulka, paratha, [Pav](#) (dinner rolls) or bread, with a side of thinly sliced onions and lemon wedges.

Squeeze lemon juice on the bhurji before eating. You can also serve it with toasted bread.

Serving Suggestions

Prepare the scrambled paneer and relish it hot with any Indian flatbreads like roti, chapati, phulka or paratha. You can even serve it with pav (dinner rolls) or bread.

When serving the bhurji with Indian flatbreads, make sure to accompany it with a side of thinly sliced onions and lemon wedges.

Squeeze some lemon juice on the bhurji, before eating. This bhurji tastes fabulous with any other North Indian mains as well.

Sometimes, I also toast bread slices and top them with this lovely bhurji. You can even make sandwiches with this bhurji.

Expert Tips

1. **Paneer or Indian**

cottage cheese:

For best results, used homemade paneer. For packaged or frozen paneer, follow the instructions mentioned on the pack before using. Also, make sure to not cook the paneer for a long time, as it will harden and become chewy in texture.

2. **Fat:** For the fat, you can use oil, butter or ghee. Remember that the kind of fat used modifies the flavors of this dish.
3. **Tomatoes:** The tangy taste in this bhurji recipe comes from the tomatoes. Thus, try to

use tomatoes which are ripe, red and with a sweet-tangy taste. Avoid adding tomatoes which are too tart or sour or are unripe.

4. **Spices:** You can decrease or increase the amount of green chillies, red chili powder or cayenne pepper, as per your preferences. Do not add more garam masala powder than what is mentioned in the recipe. If the garam masala is very intense and strongly fragrant, then just add ¼ teaspoon of it.

5. **Herbs:** Always use fresh

coriander leaves (cilantro) for this recipe. You can use fresh mint leaves too. Just add 1 to 2 tablespoons of chopped mint leaves, if using it.

6. **Vegan option:** Use firm tofu, in place of paneer. Do not use silken or soft tofu.

FAQs

Is Paneer Bhurji and scrambled paneer same?

Yes. The Hindi word 'bhurji' literally translates to 'scrambled.' So, any Indian dish with the word bhurji in it essentially means a scrambled form of dish.

Can I make this Paneer Bhurji with freshly made chenna?

Certainly, this bhurji will taste

great even if made with freshly prepared homemade [Chenna](#). But remember to drain the liquids or whey really well from the homemade chenna.

How do I make the bhurji more nutritious?

You can make this bhurji more nutritious by adding some vegetables like green peas, capsicum or bell peppers, carrots, etc. and leafy greens like spinach, fresh fenugreek leaves, etc. in the recipe.

Can I make this recipe with silken tofu?

While you can make a vegan version of this dish with firm tofu, I will advice not to use silken or soft tofu for this recipe.

What can I use in place of garam masala powder in this recipe?

If you do not want to use garam masala powder for this recipe, then you can substitute it with pav bhaji masala too.

Please be sure to rate the recipe in the recipe card or leave a comment below if you have made it. For more vegetarian inspirations, [Sign Up](#) for my emails or follow me on [Instagram](#), [Youtube](#), [Facebook](#), [Pinterest](#) or [Twitter](#).

Paneer Bhurji Recipe (Punjabi Style)

By [Dassana Amit](#)

In Hindi, the word 'Bhurji' means scrambled so this dish is basically scrambled paneer or Indian cottage cheese. A perfectly savory, tangy, spiced sautéed mixture

of onions, tomatoes, ginger-garlic paste, green chillies and various spices is then used to mix with the scrambled paneer. This Paneer Bhurji Recipe is Punjabi Style and way it is made in my home.

Prep Time 5 minutes mins

Cook Time 15 minutes mins

Total Time 20 minutes mins



Cook

ModePrevent your screen from going dark while making the recipe

Preparation

- Crumble the paneer and set aside. You do not need to make a fine

crumble. A coarse crumble with some chunks of paneer is fine.

- Finely chop the onions, tomatoes and green chillies. Keep aside.
- Crush the ginger and garlic to a paste in a mortar pestle and keep aside.
- Also remove the spice powders and keep aside.

Making Paneer Bhurji

- Heat oil or ghee or butter in a pan. Let the oil become hot on a medium-low or medium flame.
- Add cumin seeds. Let them crackle and

- Mix well and sauté the onions. When the onions become translucent, add ginger-garlic paste and chopped green chilies.
- Sauté for some seconds till the raw aroma of the ginger-garlic goes away.
- Then add tomatoes and sauté on medium-low heat till they become soft. You can add a pinch of salt so that the tomatoes get cooked faster.
- Now add all the dry spice

- Mix the spice powders very well and sauté for 5 to 6 seconds on low to medium-low heat.
- Then, add the crumbled paneer. Mix thoroughly and cook for 1 minute on low heat.
- Don't cook the paneer for a long time as they harden and lose their softness.
- Lastly add the chopped coriander leaves and mix.
- Serve Paneer

- **Paneer:** For best results used homemade paneer. If using packaged paneer or frozen paneer, then follow the instructions mentioned on the pack before using.
- **Tomatoes:** The tangy taste in paneer bhurji comes from the tomatoes. So do use tomatoes which are ripe and with a sweet-tangy taste. Avoid adding tomatoes

which are too sour.

- **Spicing:** You can reduce or increase the amount of green chillies, red chilli powder or cayenne pepper as per your preferences. Do not add more garam masala than what is mentioned in the recipe. If the garam masala is very strong, then just add ¼ teaspoon of it.
- **Herbs:** Always fresh coriander leaves (cilantro) are added in the dish. But you can use fresh mint leaves too. Just add 1 to 2 tablespoons of chopped mint leaves.

- **Fat:** For the fat you can use oil or butter or ghee. Note that the type of fat used does change the taste of the dish.
- **Vegan**
Option: Use firm tofu in place of paneer. Do not use silken tofu or soft tofu.

Paneer Bhurji Recipe (Punjabi Style)

Calories 353
Calories from Fat
279

Fat 31g48%

Saturated Fat
11g69%

Cholesterol
44mg15%

Sodium
564mg**25%**

Potassium
157mg4%

Carbohydrates
9g**3%**

Fiber 3g**13%**

Sugar 4g**4%**

Protein 10g**20%**

Vitamin A
540IU**11%**

Vitamin B1
(Thiamine)
1mg**67%**

Vitamin B2
(Riboflavin)
1mg**59%**

Vitamin B3
(Niacin) 1mg**5%**

Vitamin B6
1mg**50%**

Vitamin C
14mg**17%**

Vitamin E
6mg**40%**

Vitamin K 6µg**6%**

Calcium
331mg**33%**

Vitamin B9
(Folate) 13µg**3%**

Iron 1mg**6%**

Magnesium
8mg**2%**

Phosphorus
20mg**2%**

Zinc 1mg**7%**

* Percent Daily
Values are based
on a 2000 calorie
diet.

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