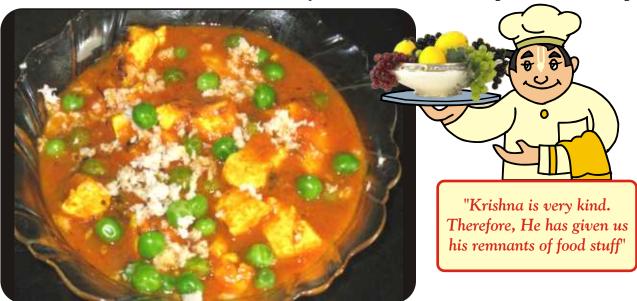
## Paneer Peas Capsicum

by Bhaktivedanta Hospital - Diet Dept.



For Gravy:

Coconut......10 gm Red chillies......2 no

## For garnishing:

Finely chopped coriander leaves

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Preparation: For gravy: 1.Heat a pan. Add the red chillies.

2.Add the grated coconut.

3.Cook for some time, allow it to cool.

 ${f 4.}$  Grind this mixture finely to make a paste.

For vegetable: 1. Heat oil in pan, add cumin seeds to it.

2.Add bay leaves, ginger and tomato puree.

3. Now add the gravy mixture and allow to cook for some time.

4.Add capsicum, green peas.

5.Add dhania jeera powder and red chilli powder and mix well.

6.Add paneer pieces and simmer for some time.

7.Add salt and garnish with finely chopped coriander leaves

Serving	Energy	Carbohydrate	Protein	Fat
	(kcal)	(gm)	(gm)	(gm)
1	1 <i>7</i> 4	4.3	5.7	13

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