**Kadai Paneer**

Prep time: 15 Min Cook time: 20 Min

**Ingredients:**

**For the Spice Mix:**

* 2 tbsp dhaniya seeds (coriander seeds)
* 1 dried red chili
* 4 green cardamoms
* 1 tsp saunf (fennel seeds)
* 3 cloves

**For the Main Dish:**

* 1 green capsicum, cut into 1-inch pieces
* 250g paneer, cubed and soaked in warm water for 15 minutes
* 1 onion, finely chopped
* 4 tomatoes, finely chopped
* 2 tbsp ginger-garlic paste
* 1 green chili, sliced
* 2 tbsp oil
* ¼ tsp garam masala
* 1 tsp red chili powder
* ½ tsp grated ginger
* Low sodium salt, to taste
* 1 tsp sugar
* 1 tsp kasuri methi, crushed
* 2 tbsp fresh dhaniya (coriander leaves), chopped

**Instructions:**

**Prepare the Masala Mix:**

1. In a small kadai (wok), dry roast dhaniya seeds, red chili, cardamom, saunf, and cloves for 3-4 minutes on medium heat until aromatic.
2. Remove from heat and grind into a fine powder. Set aside.

**Cook the Base:**

1. In a large kadai, heat oil on medium heat.
2. Add chopped onions and sauté until translucent.
3. Add green chili and ginger-garlic paste, sauté for another 2 minutes until fragrant.
4. Add chopped tomatoes, mix well, and cook until tomatoes soften.

**Add Spices & Simmer:**

1. Add 3-4 tsp of the prepared masala mix, garam masala, red chili powder, and grated ginger, stir for 30 seconds.
2. Pour in ½ cup water, mix well.
3. Add salt and sugar, cook for another minute.

**Cook the Paneer & Capsicum:**

1. Add paneer cubes and capsicum, mix well.
2. Cover the kadai and cook on medium heat until bell peppers are slightly softened (about 3-4 minutes).

**Garnish & Serve:**

1. Stir in kasuri methi, cook for another minute.
2. Garnish with fresh coriander leaves.
3. Serve hot with roti, naan, or rice.