**Matar Paneer**

Prep time: 15 Min Cook time: 15 Min

**Ingredients:**

**For the Masala Paste:**

* ½ cup chopped onions
* 1 cup chopped tomatoes
* 1 tsp chopped green chilies
* 1 tsp chopped ginger
* 1 tsp chopped garlic
* 1 tsp dhaniya seeds (coriander seeds)
* 4 black peppercorns
* 2 cloves
* 1-inch cinnamon stick
* 2 tbsp chopped dhaniya leaves

**For the Curry:**

* 3 tbsp oil
* ½ tsp jeera seeds
* ¼ tsp haldi (turmeric powder)
* ½ tsp red chili powder
* ¼ tsp garam masala powder
* 1 cup green peas
* 250 gm paneer, cut into cubes
* ½ tsp sugar
* ½ tsp kasuri methi (crushed)
* 1 tbsp cream
* Low sodium salt, to taste
* Water, as needed
* 2 tbsp chopped dhaniya leaves (for garnish)

**Instructions:**

**Prepare the Masala Paste**

1. In a blender, add onions, tomatoes, ginger, garlic, green chilies, dhaniya leaves, black peppercorns, cinnamon, dhaniya seeds, and cloves.
2. Grind into a smooth paste and keep aside.

**Cook the Masala**

1. Heat 3 tbsp oil in a pressure cooker on medium heat.
2. Add jeera seeds and let them splutter.
3. Add the prepared masala paste, mix well, and sauté for 10-12 minutes until oil separates from the paste.
4. Stir in haldi powder, red chili powder, and garam masala powder.
5. Add cream, mix, and cook for 1 minute.

**Cook the Peas & Paneer**

1. Add green peas, mix well, and pour in water and salt as per taste.
2. Pressure cook for 2 to 3 whistles on medium heat.
3. Once the pressure releases naturally, open the lid and add paneer cubes.
4. Mix gently and simmer for a few seconds until the paneer absorbs the flavors.

**Garnish & Serve**

1. Sprinkle kasuri methi and sugar, then stir well.
2. Garnish with chopped dhaniya leaves.
3. Serve hot with roti, naan, or steamed rice.

For a richer flavor, lightly pan-fry the paneer cubes before adding them to the gravy.