

Muttar Paneer

Indian Cheesy Peas



Ingredients

2 tbsp oil (for frying the paneer)
1 tbsp oil for cooking
1 onion, finely chopped
3 garlic cloves, chopped
3cm piece of ginger, grated
250g tinned plum tomatoes
1 green chilli, finely chopped
1 tsp salt
1 tsp fenugreek powder (methi)
1 tsp turmeric
1 tsp chilli powder
200g peas
150g paneer (cut into approx 5cm cubes)
1 tsp garam masala
Handful of fresh coriander (chopped)

Method

- 01** Heat oil in a pan and fry the paneer until golden brown. Remove and set on some kitchen roll.
- 02** Add onion and after a few minutes stir in the garlic. Cook for about 10 minutes until the onions are soft and turning golden.
- 03** When the onions are cooked add the tomatoes (which you can whizz up before hand), ginger, salt, turmeric, fenugreek and chilli.
- 04** Stir together and cook the sauce until the tomatoes and onion melt together creating a thick masala paste.
- 05** Once it is thick and shiny add the paneer and frozen peas. Stir and cook for 5-10 minutes.
- 06** Pour in enough hot water to get the consistency of the sauce that you are looking for the sprinkle with garam masala and fresh coriander to serve.



More on this recipe

<http://www.harighotra.co.uk/muttar-paneer-recipe>