

Bell pepper & Paneer flavored with fenugreek leaves

by Anand Lila devi dasi

HARE KRISHNA HARE KRISHNA HARE KRISHNA HARE HARE HARE RAMA HARE RAMA HARE RAMA HARE HARE



*"Eating prasadam
is a nice process
of purification."*

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Ingredients	Paneer.....	250 gms (cut lengthwise)
	Green Bell Pepper.....	2 (cut lengthwise)
	Red Bell Pepper.....	1 (cut lengthwise)
	Dried red Chillies.....	2
	Coriander seeds.....	1.5 Tsp
	Green chilly.....	1 (slit lengthwise)
	Ginger.....	2 inch (cut lengthwise)
	Tomato chopped.....	2
	Fenugreek seeds.....	A pinch
	Kasoori Methi (dried fenugreek leaves).....	1 Tbsp
	Salt.....	1/2 tsp
	Oil.....	4 Tbsp

- Preparation**
1. Dry roast red chillies and coriander seeds on a pan. coarsely powder both of them. Keep aside.
 2. Heat 2 tbsp oil, add bell pepper and saute them for a minute or two. Remove from pan.
 3. Now, heat 2 tbsp of oil & add the coarsely powdered red chilies and coriander. Saute for 1 minute and then add half of ginger and green chillies. Add tomatoes and cook for 5-7 minutes on low heat till oil separates.
 4. Add pinch of fenugreek seeds and salt. Then add the bell pepper and kasoori methi and cook for 2 minutes. Lastly add paneer and the remaining ginger.
 5. Offer it to Lord Krishna with love and devotion.

Serves Four

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