

Recipe

Chili Paneer II

By

Ananda Lila devi dasi



Ingredients

500 gm paneer, cut into ½ -inch cubes
Oil for shallow frying the paneer
2 Tbsp oil
1 Tsp cumin seeds
½ Tsp yellow asafetida powder
2 Tbsp finely grated ginger
2 hot green chilies chopped
¼ Tsp red chili powder
1 Tsp coriander powder

2 large tomatoes finely chopped
2 Tsp salt
1 Tbsp soy sauce
½ Tsp sugar
3 bell peppers (capsicum), diced into ½ -inch squares
3 Tbsp chopped fresh coriander leaves

Preparation

1. In a pan, shallow fry the paneer until golden brown. Drain on paper towels. (If you wish, you may also deep dry the paneer)
2. Heat oil in a pan over moderate heat; add cumin seeds, when they darken, sprinkle asafetida powder, and add the ginger and the green chilies. Stir-fry until aromatic. Add chili powder, coriander powder and fry for 15 seconds. Add the tomatoes, salt, soy sauce and sugar. Reduce the heat to low and cook until oil comes on top.
3. Add the peppers and cook uncovered until softened. Add the fried paneer, coriander leaves and combine well. Cook for 5 more minutes and serve hot.

Serves

4-5

For further details please contact

anandliladd@gmail.com

www.iskcondesiretree.com

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