

Recipe

Paneer Jalfraezi

By

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Ingredients

- Cottage cheese (paneer) - 400 gms
- Tomatoes - 2 medium sized
- Capsicums - 2 medium sized
- Ginger - 2 inch piece
- Fresh coriander leaves - ¼ medium bunch
- Red chilies whole - 2
- Oil - 3 tbsp
- Cumin seeds - 1 tsp
- Red chili powder - 1 ½ tsp
- Turmeric powder - ½ tsp
- Salt - to taste
- Vinegar - 1 ½ tbsp
- Garam masala powder - 1 tsp

Preparation

1. Cut paneer in two inch long pieces.
2. Wash and cut tomatoes and capsicums into half, deseed and cut them into inch long slices with one-fourth inch width.
3. Peel, wash and cut ginger into julienne.
4. Remove stems, wash and chop green chilies.
5. Clean, wash and finely chop coriander leaves.
6. Remove stems and break red chilies into two pieces.
7. Heat oil in a Pan. Add cumin seeds. When they change color add red chilies.
8. Add ginger julienne and sauté for half a minute.
9. Add red chili powder and turmeric powder.
10. Stir well and add capsicum.
11. Cook for two to three minutes. Add paneer fingers and toss.
12. Add salt and vinegar and cook for two to three minutes.
13. Stir in tomato pieces and garam masala powder.
14. Serve hot, garnished with chopped coriander leaves.

Serves

4 Persons

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