

Paneer Peas Capsicum

by Bhaktivedanta Hospital - Diet Dept.



"Krishna is very kind.
Therefore, He has given us
his remnants of food stuff"

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Ingredients : Paneer.....20 gm
Tomatoes.....15gm
Capsicum.....10gm
Green peas.....10gm
Turmeric.....½ Tsp
Ginger.....1 small piece
Dhania jeera powder.....½ Tsp
Chilli powder.....½ Tsp
Curry leaves.....Few
Whole jeera (Cumin seeds).....½ Tsp
Asafoetida.....A pinch
Bay leaf.....2 no
Oil.....1 Tsp

For Gravy :
Coconut.....10 gm
Red chillies.....2 no

For garnishing :
Finely chopped coriander leaves

Preparation : **For gravy:** 1.Heat a pan. Add the red chillies.
2.Add the grated coconut.
3.Cook for some time, allow it to cool.
4.Grind this mixture finely to make a paste.

For vegetable: 1.Heat oil in pan, add cumin seeds to it.
2.Add bay leaves, ginger and tomato puree.
3.Now add the gravy mixture and allow to cook for some time.
4.Add capsicum, green peas.
5.Add dhania jeera powder and red chilli powder and mix well.
6.Add paneer pieces and simmer for some time.
7.Add salt and garnish with finely chopped coriander leaves

Serving	Energy (kcal)	Carbohydrate (gm)	Protein (gm)	Fat (gm)
1	174	4.3	5.7	13

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