



Paneer Curry with Peas

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons flour
- 28 ounce canned tomatoes with added puree crushed canned
- 6 servings basmati rice steamed
- 1 teaspoon cumin seeds
- 1 pound tofu firm cut into 3/4- to 1-inch cubes
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons ginger fresh minced peeled
- 1.5 cups peas fresh shelled (from)

- 1 teaspoon garam masala
- 3 garlic clove minced
- 5 tablespoons ghee divided
- 2 teaspoons ground coriander
- 1 large onion cut into 1- to 2-inch pieces
- 1 serrano chiles with seeds minced
- 1 teaspoon turmeric
- 0.5 cup water

Equipment

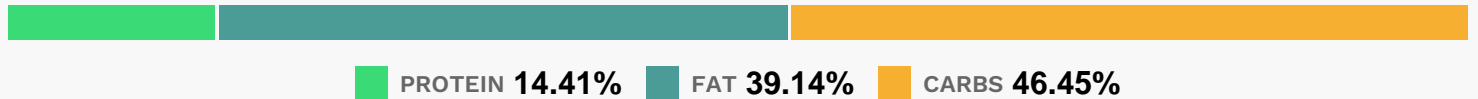
- bowl
- frying pan

Directions

- Place flour in medium bowl.
- Add paneer to bowl; toss to coat with flour.
- Heat 2 tablespoons ghee in heavy large nonstick skillet over medium-high heat. Shake excess flour from paneer; add to skillet and cook until browned in spots, turning occasionally, about 4 minutes.
- Transfer paneer to plate; set aside. Reserve skillet.
- Place onion pieces in processor. Using on/off turns, process until finely chopped but not watery.
- Heat remaining 3 tablespoons ghee in reserved skillet over medium heat.
- Add cumin seeds and stir until aromatic, about 1 minute.
- Add chopped onion and cook until beginning to brown, stirring often, about 10 minutes.
- Add minced ginger, minced garlic, ground coriander, and minced serrano chile with seeds; stir 1 minute.
- Add crushed tomatoes with puree, 1/2 cup water, and turmeric; bring to simmer. Reduce heat to medium low; cover and simmer until mixture thickens slightly and flavors blend, stirring occasionally, about 15 minutes.

- Add shelled fresh peas and cooked paneer; gently fold to incorporate evenly. Cook mixture over medium–low heat until peas are tender and paneer is heated through, folding occasionally, about 5 minutes. Fold in garam masala and cilantro. Season curry to taste with salt and pepper.
- Serve with steamed basmati rice.
- Paneer, a fresh cow's milk or buffalo's–milk cheese, and usli ghee (clarified butter; also called ghee) are sold at some natural foods stores and at Indian markets. If you can't find paneer, then tofu, chicken, shrimp, or scallops would also work well in this recipe. Clarified butter or vegetable oil can be used in place of the ghee. Garam masala is a curry spice blend that's available in the spice section of many supermarkets, at Indian markets, and from thespicehouse.com.
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 65.89, Glycemic Load: 30.3, Inflammation Score: -10, Nutrition Score: 15.586521687715%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 376.88kcal (18.84%), Fat: 16.85g (25.92%), Saturated Fat: 8.3g (51.86%), Carbohydrates: 44.99g (15%), Net Carbohydrates: 38.41g (13.97%), Sugar: 9.33g (10.36%), Cholesterol: 32mg (10.67%), Sodium: 184.76mg (8.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.96g (27.92%), Manganese: 0.9mg (44.94%), Vitamin C: 30.05mg (36.42%), Fiber: 6.58g (26.32%), Iron: 4.02mg (22.32%), Copper: 0.4mg (20.07%), Vitamin B6: 0.4mg (20.02%), Vitamin K: 19.07µg (18.17%), Calcium: 175.39mg (17.54%), Potassium: 589.11mg (16.83%), Vitamin B1: 0.25mg (16.77%), Vitamin B3: 2.97mg (14.83%), Magnesium: 57.04mg (14.26%), Phosphorus: 134.6mg (13.46%), Folate: 53.7µg (13.43%), Vitamin A: 635.97IU (12.72%), Selenium: 8.79µg (12.56%), Vitamin E: 1.8mg (11.98%), Vitamin B2: 0.15mg (9.09%), Zinc: 1.35mg (9%), Vitamin B5: 0.78mg (7.76%)