



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

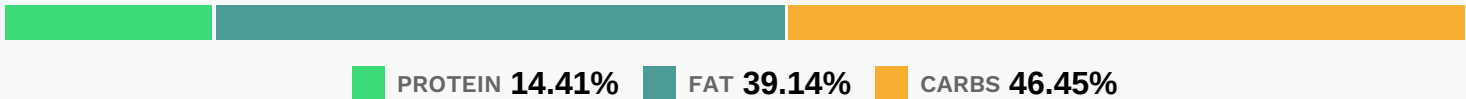
- ☐ bowl
- ☐ frying pan

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 cookedpaneer; gently fold to incorporate evenly.Cook mixture over medium-low heat untilpeas are tender and paneer is heatedthrough, folding occasionally, about5 minutes. Fold in garam masala andcilantro. Season curry to taste with salt andpepper.
- ☐
- Serve with steamed basmati rice.
- ☐
- Paneer, a fresh cow's milkor buffalo's-milk cheese, and usli ghee (clarified butter; also called ghee) are soldat some natural foods stores and at Indianmarkets. If you can't find paneer, then tofu, chicken, shrimp, or scallops would alsowork well in this recipe. Clarified butter orvegetable oil can be used in place of theghee. Garam masala is a curry spice blendthat's available in the spice section of manysupermarkets, at Indian markets, and fromthespicehouse.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: Og (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%)