



Paneer jalfrezi

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 200 g curd cottage cheese cut into 3cm x 1cm pieces (Indian cottage cheese)
- 2 tbsp cooking oil
- 1 tsp cumin seeds
- 1 tomatoes cut into strips
- 2 tomatoes (for purée)
- 1 large onion for puree cut into strips and 1/2
- 1 bell pepper green red for some colour cut into strips (i used half a and half a pepper)
- 0.3 tsp turmeric

- 0.3 tsp chili powder
- 2 to 2 chillies slit green chopped
- 2 chillies dried red (kashmiri)
- 1 inch ginger cut into thin strips
- 0.5 tsp garam masala
- 0.5 tsp sugar
- 1.5 tsp vinegar
- 2 sprigs cilantro leaves for garnish
- 2 servings salt to taste

Equipment

- frying pan
- blender

Directions

- Roughly chop half an onion and 2 tomatoes.
- Heat 1 tbsp oil in a non stick pan.
- Add the onions and fry until lightly brown.
- Add the tomatoes and cook for 2–3 minutes until soft.
- Remove, let cool and blend to a pure in blender.
- In the same pan heat 1 tbsp oil on medium heat.
- Add the cumin seeds and let them sputter.
- Add the kashmiri red chillies and the finely sliced ginger and fry for 30–45 seconds.
- Add the turmeric powder followed by the onions, peppers, chilli powder, salt and two-thirds of the chopped green chillies and fry for 3–4 minutes.
- Add the paneer and cook on a low heat for 5 minutes.
- Add the tomato pure, garam masala and sugar and simmer for 2 minutes.
- Then add the tomatoes (cut into strips) and toss. Stir in the vinegar and garnish with green chillies and coriander.

Nutrition Facts

PROTEIN 17.26% FAT 51.4% CARBS 31.34%

Properties

Glycemic Index:158.55, Glycemic Load:5.37, Inflammation Score:-10, Nutrition Score:20.270869565217%

Flavonoids

Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 18.79mg, Quercetin: 18.79mg, Quercetin: 18.79mg, Quercetin: 18.79mg

Taste

Sweetness: 100%, Saltiness: 52.56%, Sourness: 94.05%, Bitterness: 29.15%, Savoriness: 39.6%, Fattiness: 70.65%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 326.53kcal (16.33%), Fat: 19.29g (29.67%), Saturated Fat: 2.91g (18.2%), Carbohydrates: 26.45g (8.82%), Net Carbohydrates: 19.81g (7.2%), Sugar: 15.02g (16.69%), Cholesterol: 17mg (5.67%), Sodium: 682.42mg (29.67%), Protein: 14.57g (29.14%), Vitamin C: 85.15mg (103.21%), Vitamin A: 2294.33IU (45.89%), Vitamin K: 37.14µg (35.38%), Vitamin E: 4.01mg (26.76%), Fiber: 6.64g (26.56%), Phosphorus: 247.12mg (24.71%), Potassium: 822.78mg (23.51%), Manganese: 0.47mg (23.41%), Vitamin B6: 0.45mg (22.32%), Folate: 62.2µg (15.55%), Vitamin B2: 0.25mg (14.9%), Selenium: 10.3µg (14.71%), Calcium: 138.67mg (13.87%), Magnesium: 49.19mg (12.3%), Copper: 0.24mg (11.75%), Vitamin B1: 0.17mg (11.62%), Iron: 1.89mg (10.5%), Vitamin B5: 0.9mg (9%), Vitamin B3: 1.76mg (8.82%), Vitamin B12: 0.43µg (7.17%), Zinc: 1.02mg (6.83%)