



- 1 tsp garlic minced
- 0.8 tsp chili powder red to taste (adjust )
- 2 tsp ground coriander
- 0.3 tsp turmeric
- 1 cup bell pepper green cut into long strips
- 0.5 cup carrots cut into long strips
- 1 cup canned tomatoes whole canned crushed (see notes)
- 0.5 cup tomatoes ripe cubed
- 1 tsp garam masala (I use Kitchen King Masala)
- 1 large pinch fenugreek leaves (fried fenugreek leaves)
- 15 frangelico

## Equipment

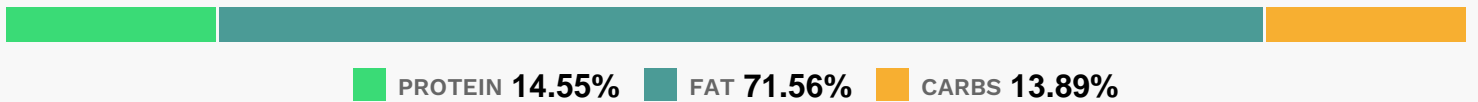
- frying pan

## Directions

- Heat half the oil in a large pan and on low heat, lightly fry the paneer until golden brown on all sides.
- Drain and set aside.
- Pin
- Add the remaining oil to the pan and add the cumin seeds and kalonji.
- Pin
- When the cumin seeds sizzle and turn a golden brown, add the sliced onions.
- Pin
- When the onions turn soft and translucent, add the ginger and garlic.
- Saute until fragrant, about 2 mins or so.
- Pin
- Add the chilli powder, coriander powder, and turmeric powder. Fry for 30 seconds, taking care not to burn the masala.

- Pin
- Add the crushed canned tomato, carrots, and capsicum.
- Mix well and top up with one more cup of water.
- Pin
- Bring to boil and cook covered for 3–5 mins until the carrots are cooked.
- Pin
- Add the paneer and cubed tomato, mix well, and simmer for another 3–4 mins. The gravy should be fairly thick by now. If too watery, cook a bit more until thickened.
- Pin
- Finally, add the kasuri methi and garam masala.
- Mix again, add salt, and remove from flame.
- Pin
- Serve paneer jalfrezi hot with chapatis, pulao, or rolled up with a wrap or roti.
- Note – you can use fresh pureed tomatoes (about 2 cups) instead of canned tomatoes. The colour of the gravy may not be as deep as in the pictures above, so to offset that, just add 1 tbsp of tomato ketchup. Also, if you'd like to make vegetable jalfrezi, omit the paneer and add more vegetables like beans, baby corn, etc.
- For Paneer Jalfrezi Recipe in Hindi, Marathi, Tamil, Telugu, Urdu, Kannada, etc, use the Google Translate button in the sidebar.

## Nutrition Facts



### Properties

Glycemic Index:181.83, Glycemic Load:6.87, Inflammation Score:-10, Nutrition Score:35.842608845752%

### Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 7.17mg, Luteolin: 7.17mg, Luteolin: 7.17mg, Luteolin: 7.17mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 37.59mg, Quercetin: 37.59mg, Quercetin: 37.59mg, Quercetin: 37.59mg

## Nutrients (% of daily need)

Calories: 1504.73kcal (75.24%), Fat: 122.32g (188.18%), Saturated Fat: 53.79g (336.2%), Carbohydrates: 53.42g (17.81%), Net Carbohydrates: 39.96g (14.53%), Sugar: 21.35g (23.73%), Cholesterol: 224.18mg (74.73%), Sodium: 554.88mg (24.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.96g (111.92%), Vitamin A: 12761.72IU (255.23%), Vitamin C: 169.91mg (205.95%), Calcium: 1823.05mg (182.3%), Vitamin E: 9.82mg (65.48%), Vitamin K: 59.52µg (56.69%), Fiber: 13.49g (53.96%), Vitamin B6: 1.03mg (51.74%), Manganese: 0.98mg (49.09%), Potassium: 1464.2mg (41.83%), Iron: 5.49mg (30.5%), Vitamin B1: 0.36mg (24.24%), Copper: 0.48mg (23.99%), Magnesium: 94.54mg (23.63%), Folate: 89.03µg (22.26%), Vitamin B3: 4.1mg (20.52%), Phosphorus: 194.66mg (19.47%), Vitamin B2: 0.31mg (18.01%), Zinc: 1.45mg (9.68%), Vitamin B5: 0.91mg (9.07%), Selenium: 2.95µg (4.22%)