



WHATSheATE



Spiced paneer



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings vegetable oil for frying
- ☐ 400 g paneer cut into bite-sized pieces
- ☐ 1 tsp coriander seed
- ☐ 1 knob ginger peeled chopped
- ☐ 1 medium onion chopped
- ☐ 4 large tomatoes ripe chopped
- ☐ 1.5 tsp chilli powder
- ☐ 1 tsp fenugreek seed

- ☐ 1 tsp garam masala
- ☐ 1 tbsp clear honey
- ☐ 1 small handful coriander fresh chopped
- ☐ 1 small knob ginger shredded peeled
- ☐ 1 small bell pepper green red seeded finely chopped
- ☐ 3 spring onion shredded finely

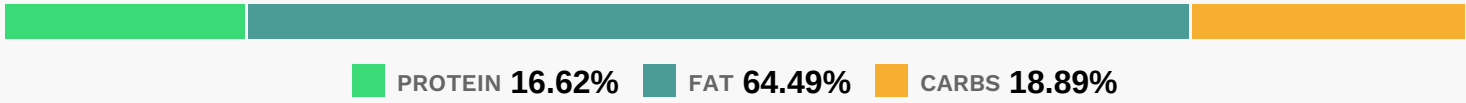
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1cm oil in a large frying pan and fry the paneer in batches until golden brown watch out as the oil spits. Scoop it on to kitchen paper.
- ☐ Heat 1 tbsp oil in a frying pan and gently fry the coriander seeds, ginger, chilli and onion for about 8– 10 minutes until golden. Tip in the tomatoes and cook for another 5 minutes until they start to soften.
- ☐ Add the other spices and honey, stir and simmer for a few minutes.
- ☐ Tip the paneer into the sauce and stir. Simmer for a few minutes, then add the chopped coriander and shredded ginger.
- ☐ Serve sprinkled with peppers and spring onions.

Nutrition Facts



Properties

Glycemic Index:55.32, Glycemic Load:4.89, Inflammation Score:-9, Nutrition Score:14.344347855319%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 8.54mg, Quercetin:

8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg

Nutrients (% of daily need)

Calories: 391.74kcal (19.59%), Fat: 28.84g (44.37%), Saturated Fat: 15.57g (97.29%), Carbohydrates: 19.01g (6.34%), Net Carbohydrates: 14.78g (5.38%), Sugar: 11.01g (12.23%), Cholesterol: 66mg (22%), Sodium: 55.2mg (2.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.73g (33.45%), Vitamin C: 43.97mg (53.3%), Calcium: 526.76mg (52.68%), Vitamin K: 43.81µg (41.72%), Vitamin A: 2043.02IU (40.86%), Manganese: 0.34mg (17.13%), Fiber: 4.23g (16.91%), Potassium: 568.24mg (16.24%), Vitamin B6: 0.25mg (12.51%), Vitamin E: 1.75mg (11.69%), Folate: 41.69µg (10.42%), Magnesium: 33.34mg (8.34%), Copper: 0.17mg (8.34%), Vitamin B3: 1.49mg (7.43%), Phosphorus: 73.02mg (7.3%), Vitamin B1: 0.11mg (7.07%), Iron: 1.11mg (6.19%), Vitamin B2: 0.07mg (4.16%), Zinc: 0.54mg (3.63%), Vitamin B5: 0.24mg (2.4%), Selenium: 1.12µg (1.6%)