

Indian Curry with Paneer and Peas

by M.Tanin

Brought to you by Read-Online-Ebooks.com

[Indian Curry with Paneer and Peas Recipe > Free Recipe Ebook](#)

Indian Curry with Paneer and Peas

You may give away this ebook. It may not be modified in any manner.

This is a very satisfying vegetarian Indian dish made with a tomato cream base and include paneer and peas. If you're not familiar with paneer, it's a rennet-free cheese product that is popular in South Asian cooking. While it is technically a cheese, it has the texture of tofu. It also absorbs the flavors of what it's cooked in, much like tofu. This recipe is quite easy to make and can be on your plate in about 30 minutes.

Ingredients

- 1 tablespoon vegetable oil
- 1 diced onion
- 1 clove crushed garlic
- 1 teaspoon crushed ginger
- 1 tsp chili powder
- 2 tsp curry powder
- 1/4 tsp cloves
- 1/4 tsp cinnamon

- 1 tsp crushed red peppers
- 1 – 14 oz can stewed tomatoes, blended into a puree
- 8 oz paneer diced into 1-inch cubes (half a package)
- 2 cups frozen peas
- 3 tablespoons sour cream

This recipe makes 4 servings.

Preparation

Gather up and prepare all your ingredients including dicing the onion, creating your tomato puree, dicing the paneer, etc. You can also put all your seasonings and spices into a small bowl and set them aside.





Heat the oil in a large frying pan and add the garlic and onion. Cook for a few minutes until tender. Add the seasoning and mix thoroughly. Now add the tomato puree and continue to stir until heated through.



Next add the peas and paneer, stirring occasionally. Cook for about 3 minutes to fully heat the paneer and cook the peas. Add the sour cream and mix thoroughly. Serve with basmati rice and naan bread.



Cooking Info Products

[Metabolic Cooking Fat Loss Cookbook](#) - 250 Fat Torching Recipes To Banish Your Boring Diet And Burn Fat Faster!

[Anabolic Cooking & Muscle Building Cookbook](#) -Complete Cookbook And Nutrition Guide For Bodybuilding & Fitness with Over 200 Muscle Building Recipes

[Chef Todd's Web Cooking Classes Online Membership](#) - easy online cooking lessons

Thanks for reading this book. Find more articles at Read-Online-Ebooks.com