



Matar Paneer Recipe (Diabetic Friendly)

Ingredients

- Sachet MAGGI Masala-ae-Magic
- 1/2 1/2 Teaspoons Oil
- Onion (Sliced)
- Teaspoon Ginger-Garlic Paste
- Tomato, Ripe, Local (Solanum Lycopersicum)
- 1/2 1/2 Teaspoon Turmeric Powder
- 1/2 1/2 Teaspoon Red Chilli Powder
- Teaspoon Coriander Powder
- gms Peas (Shelled)
- gms Paneer (Grated)
- Cups Warm Water
- Pinch Salt (To Taste)
- Tablespoons Coriander Leaves (Chopped)

Instruction

1. Prepare ingredients as mentioned in the list.
2. Heat oil In a pressure cooker, add chopped onions and fry till golden brown. Add ginger garlic paste and fry for 5 minutes. Now add the tomatoes and sauté till soft.
3. Add turmeric powder, red chilli powder and coriander powder. Fry for another minute. Add peas and sauté for 2-3 minutes. Then, add the paneer cubes, water, MAGGI Masala ae Magic and salt to taste. Mix well.
4. Cover the pressure cooker and cook for 2 minutes after the first whistle.
5. Garnish with coriander leaves and serve hot.

Nutrition

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| Carbohydrates | 21.34 g |
| Energy | 222.1 kcal |
| Fats | 8.09 g |
| Protein | 12.39 g |

52 Minutes

4 Servings