

Spiced Paneer and Mixed Vegetable Curry

A hearty and flavorful Indian vegetarian main dish featuring paneer cubes and a medley of vegetables cooked in a rich, spiced tomato gravy. Perfectly balanced with aromatic spices for a satisfying meal.



Main Dish

Indian

35 min

Total time

Medium

Difficulty

350

kcal / serving

Ingredients

- 100g paneer, cubed
- 1/2 cup mixed vegetables (carrots, peas, beans), chopped
- 1 small onion, finely chopped
- 1 small tomato, pureed
- 1 green chili, slit
- 1/2 tsp ginger-garlic paste
- 1/4 tsp turmeric powder
- 1/2 tsp coriander powder
- 1/2 tsp cumin seeds
- 1/2 tsp garam masala
- 2 tbsp oil
- Salt to taste
- Fresh coriander leaves for garnish
- 1/4 cup water

Steps

- 1 Heat oil in a pan over medium heat and add cumin seeds. Let them splutter.
- 2 Add finely chopped onions and sauté until golden brown.
- 3 Stir in ginger-garlic paste and green chili; cook for 1 minute.
- 4 Add pureed tomato and cook until oil separates from the masala.
- 5 Mix in turmeric, coriander powder, and salt.
- 6 Add mixed vegetables and sauté for 2-3 minutes.
- 7 Pour in water, cover, and cook until vegetables are tender.
- 8 Add paneer cubes and garam masala, gently mix, and cook for another 5 minutes.
- 9 Garnish with fresh coriander leaves and serve hot with rice or roti.