INDIAN · LUNCH · DINNER

Kadhai Paneer with Fresh Kadhai Masala

65 min · Serves 5 · 559 kcal a serve · Video 10:36 · Your Food Lab

Vegetarian · Gluten-free ingredients · Nut-free

A serve gives about 23 g of protein and nearly half a day's calcium, mostly from the paneer; nearly a kilo of tomatoes with capsicum and onion adds plenty of vitamin C, and there are about 8 g of fibre. It is rich in ghee, so keep to one serve.

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Ingredients 21 · SERVES 5

- [ ] 2 **dried Kashmiri red chillies**, for the kadhai masala
- [ ] 3 tsp **cumin seeds** (2 tsp for the kadhai masala, 1 tsp for the gravy)
- [ ] 2 tbsp whole **coriander seeds**, for the kadhai masala
- [ ] 2 tsp **fennel seeds**, for the kadhai masala
- [ ] 8–10 **black peppercorns**, for the kadhai masala
- [ ] 1 **green capsicum**, cut into triangles
- [ ] 3 **onions** (1 cut into triangles, 2 chopped for the gravy with the trimmings)
- [ ] 7 **tomatoes** (2 cut into triangles, 5 chopped for the gravy with the cores)
- [ ] 1 lb **paneer** block, cut into triangles
- [ ] 5–6 tbsp **ghee** (4–5 tbsp for the gravy, 1 tbsp to toss the vegetables)
- [ ] 3 tbsp chopped **garlic**
- [ ] 2 tbsp chopped **ginger**, plus a 1-inch piece cut into juliennes to finish
- [ ] ½ tsp **turmeric powder**
- [ ] 2 tbsp **Kashmiri red chilli powder**
- [ ] 1 tbsp **coriander powder**
- [ ] 3–4 **green chillies**, chopped
- [ ] **hot water** as needed while the gravy cooks (about 1 cup)
- [ ] **salt**, to taste
- [ ] a large handful of **fresh coriander**, plus a little more to finish
- [ ] 2–3 tbsp **fresh cream** (optional)
- [ ] a pinch of **roasted kasuri methi**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Dry-roast the Kashmiri chillies, 2 tsp cumin seeds, coriander seeds, fennel seeds and peppercorns on low heat until fragrant. Cool and grind coarsely: this is the kadhai masala. 0:51
2. Cut the capsicum, 1 onion, 2 tomatoes and the paneer into triangles (or cubes). Chop the onion trimmings and tomato cores with the remaining onions and tomatoes for the gravy. 1:43
3. Heat 4–5 tbsp ghee, add 1 tsp cumin seeds and the chopped onions and cook until light golden. Add the garlic and chopped ginger and cook until the onions are golden brown. 4:45
4. Lower the heat, add the turmeric, chilli powder, coriander powder, 3 tbsp kadhai masala and green chillies with a splash of hot water, and cook until the ghee separates. 5:24
5. Add the chopped tomatoes and salt, mash lightly and cook on medium for 20–30 minutes until thick and the ghee separates, adding hot water whenever it gets dry. 5:55
6. In a wok, heat 1 tbsp ghee and toss the vegetable triangles on high heat for a minute. Add the paneer, a pinch of salt and 1 tbsp kadhai masala and toss gently. 7:23
7. Fold in the gravy with the coriander and ginger juliennes and cook 1–2 minutes. Stir in the cream (optional) and kasuri methi and finish with more coriander. 8:00

> **Tip** Serves 4–5 (we use 5). Leave out the cream for a lighter dish. Cut the paneer and vegetables into cubes if you prefer; the taste is the same. Serve with roti or naan.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
559 kcal 2,340 kJ	**23 g** 46% of a day	**28 g** 20 g net · 13 g sugars 10% of a day

FIBRE	FAT	SODIUM
7.6 g 27% of a day	**41 g** 25 g saturated 52% of a day	**430 mg** 19% of a day

Energy from net carbs 15% · protein 17% · fat 68% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 70% · Vitamin A 58% · Calcium 46% · Vitamin B12 42% · Vitamin B6 32% · Vitamin K 30% · Zinc 28% · Selenium 27% · Potassium 20% · Iron 20% · Vitamin E 20%

Source of (10–19%) Magnesium 19% · Folate 16% · Omega-3 12%

Recipe and video: Your Food Lab (@YourFoodLab) on YouTube — youtube.com/watch?v=gBnHovVnNwo, published 18 November 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/kadhai-paneer-fresh-kadhai-masala