



## Half-Fat, Homemade Mattar Paneer

Do you love Indian Food, but sometimes find it to be too heavy? This yummy Mattar Paneer Recipe doesn't skimp on the cheese, but focuses on a lighter, dairy-free sauce that has the same delicious flavor as the usual full-fat recipe.

### Ingredients:

2 cups Paneer, cut into cubes and deep-fried to a light brown (you can pan-fry it as an alternative to deep frying)  
2 cups shelled green peas  
3-4 green chillies-slit a little  
2 cups chopped onions  
1 tsp. peeled cloves of garlic-ground with onions  
1 tsp. chopped ginger  
1/2 cup diced tomato, or 1/4 cup pureed  
1/4 cup olive oil  
2 tsp. cumin seeds  
2 bay leaves  
1/2 tsp. turmeric  
1 Tbsp. salt  
1/2 tsp. garam masala  
1/2 tsp. powdered red pepper  
1 Tbsp. powdered coriander seeds  
1 Tbsp. chopped coriander leaves, for garnish  
2 cups water

### Instructions:

1. Blend the onions, garlic and ginger to a paste.
2. Heat oil and add the cumin seeds and bay leaves.
3. Add onion paste and sauté till brown and fat separates.
4. Add tomatoes, turmeric, salt, garam masala, red pepper and coriander powder, and stir-fry till fat separates.
5. Add the peas, paneer and the green chillies. Sauté over high heat till glossy.
6. Add two cups water, bring to a boil and simmer for 5-10 minutes.
7. Serve hot, garnished with the coriander leaves. Omit the chillies if you so desire.