

Ingredients

	Quantity:	Measure:	Ingredients:	Description:
	250	Grams	Paneer (Indian home made)	cut into strips
1		Large	Capsicums - Green (Simla Mirch)	in strips
1		Teaspoon	Coriander(Dhania)	roast and powder
2		Large	Chillies Red Dry	roast and powder
1 1/2		Tablespoon	Cooking Oil	or ghee
1		Teaspoon	Garlic Paste	make from 5 flakes
1		Medium	Chillies Green	chopped
1/2		Inch	Ginger (Adhrak)	chopped
2		Medium	Tomatoes	cubed in small
1/2		Teaspoon	Kasoori Methi Leaves (Fenugreek)	chopped in bits
		As Required	Salt	to taste
		As Required	Coriander Leaves (Kothmirs)	washed and chopped

Method

1. Make thin long strips of paneer and capsicum.
2. Roast coriander seeds and red chilies on a hot tawa and then powder them by pounding them.
3. Heat ghee or oil in a pan, and fry the garlic paste cooking it on a slow flame. Add the capsicum and powdered spices and cook on a slow flame till capsicum changes color. Add the green chilies and chopped ginger and cook again adding the tomatoes and cook until the oil starts to float on top.
7. Sprinkle the kasoori (dried fenugreek leaves) methi and salt and cook again for a little while.
8. To end, add the sliced paneer and cook for a few minutes. Sprinkle chopped coriander

leaves on top and serve hot.