

Mutter Paneer with Chapati (6 servings)

Here's a list of ingredients that you can use to make this tasty dish:

- 250g paneer
- 2tbsp rapeseed oil
- 1/2tsp cumin seeds
- 1 small onion, chopped
- 2 chopped tomatoes
- 1tsp tomato puree
- 1tsp coriander powder
- 1/2tsp red chilli powder
- 1/2tsp turmeric powder
- 100ml/4oz water



Method for Preparing / Cooking Mutter Paneer

1. Cut the paneer into cubes and set aside.
2. In a warm pan, add the oil, and the cumin seeds. When the seeds begin to pop, add the onions and cook until soft.
3. Add the tomatoes, tomato puree and all the spices, and cook for 5 minutes.
4. Add the pieces of paneer and the 100ml water. Bring this to boil and then add the peas. Reduce the heat and simmer for 10 minutes.

Tip: Tofu is a good alternative to full-fat paneer which is high in saturated fat.

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Carbohydrate Counting your meal:

Nutritional information (this recipe) Per serving:

134kcal	Energy
7g	Fat
1g	Saturated fat
10g	Carbohydrate
4g	Total sugar
8.5g	Protein
4.5g	Fibre

Carbohydrate Counting Chapatis:

Here's how to carbohydrate count the chapatis for your meal:

- 1 Chapati = 60 grams = 25 grams carbohydrate
- 2 Chapatis = 120 grams = 50 grams carbohydrate
- 3 Chapatis = 180 grams = 75 grams carbohydrate



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