

Onion Paneer Do Pyaza

This is restaurant style vegetarian paneer curry. Delicious and super easy.

Ingredients

450g paneer, chopped into bitesize pieces

oil of choice

3 brown onions, roughly chopped

1 bay leaf

1 cinnamon stick

3 green cardamom pods

1 tsp cumin seeds

3 large tomatoes

4 garlic cloves

1 $\frac{1}{2}$ tsp mild chilli powder

1 tsp ground coriander

1 tsp garam masala

1 tbsp dried fenugreek leaves, crushed

$\frac{1}{4}$ tsp turmeric powder

1 tsp salt

1 red onion, chopped into chunks

1 brown onion, chopped into chunks

For the Marinade

4 tbsp natural yoghurt

$\frac{1}{2}$ tsp salt

$\frac{1}{2}$ tsp garam masala

$\frac{1}{2}$ tsp ground coriander

1 tsp mild chilli powder

Method

– Place all of the ingredients for the marinade in a large bowl and mix well. Throw in the paneer pieces and stir through to ensure they are thoroughly coated. Let it rest for 10-15 minutes.

- Add 2-3 tbsp of oil to a hot pan. Add the paneer and cook for 5-6 minutes until lightly golden. Make sure to flip them over every few seconds.
- Remove the paneer with some tongs to keep the oil in the pan.
- Add 3 onions to a blender and blitz to a pulp.
- In the same pan, add the bay leaf, cinnamon, cardamom pods, and cumin seeds. When they start to sizzle, add the onions. Stir through and cook for 10 minutes.
- Add the tomatoes and garlic to the blender and blitz to a pulp. Add this to the pan. Mix, cover, and cook on low heat for 10 minutes.
- Add the chilli powder, ground coriander, garam masala, and 200ml of water. Mix well and bring to a boil.
- Add the cooked paneer and fenugreek leaves. Stir through, cover, and cook on low-medium heat for 10 minutes.
- Add the turmeric powder, salt, and onion chunks. Stir through, cover and cook for 5 minutes.

Enjoy with some piping hot basmati rice or [chapati](#)!