

Paneer Jalfrezi!



For the last 6 years [Tilda Rice](#) has been working with the

[World food programme](#) by helping to deliver a nutrition-boosting meal to a new or expectant mother in need. And I am very pleased to partner with them to bring you the recipe for this veg jalfrezi.

Want to recreate one of your favourite take aways at home and at the same time keep it healthy? then this paneer jalfrezi is the perfect recipe for you. Replace the paneer with sliced up boiled potatoes or slices of cooked chicken, anything you want to add to it and change it to your taste. Serves 4

Ingredients

For the Sauce

2 tbsp sunflower oil
2 small onions, finely chopped
2 tomatoes, finely chopped
2 garlic cloves, grated
1 inch ginger grated
1 tsp salt
1 tsp chilli powder
1 tsp turmeric powder
1 tsp coriander powder
1 tsp garam masala
2 tbsp ketchup

1 tbsp sunflower oil
1 onion, thinly sliced
1 green pepper, thinly sliced
1 red pepper, thinly sliced
450 gms paneer, cut into long thin pieces

Method

- To prepare the sauce, add the oil to a hot pan. Add the onions and cook for 10-15 minutes on low-medium heat until golden.
- Add the ginger and garlic and cook for another 2 minutes.

- Add the tomatoes and cook on low heat for 10 minutes until the tomatoes have softened.
- Add the salt, chilli powder to this with the ketchup and cook for a minute. Remove this mixture in a bowl and keep it aside.
- In the same pan heat the oil and when hot add the onions and peppers. Cook on medium heat for 5 minutes then add the spice mixture that was prepared earlier.
- Mix well and then add the paneer, heat for a minute then serve with some piping hot basmati rice.

