

## Shahjahan's Muttar Paneer

A North Indian favourite of Community Health Volunteer, Shahjahan from Mayapuri Slum.



### Ingredients:

200 gms Paneer (Indian Cottage Cheese)	1 tsp ginger garlic paste
1 cup cooked green peas	1 green chilli
1 Onion	½ tsp turmeric powder
1 Tomato	2 Bay leaves
½ tsp Coriander powder	3-4 Cloves
1 tbsp Poppy seeds	1 tsp Red Chilli Powder
1 tsp roasted cumin powder	1 tsp Garam Masala Powder
¼ tsp black pepper powder	Vegetable Oil
	Salt to taste
	Green Coriander Leaves (Chopped)

### Directions

1. Cut the paneer into small cubes
2. Fry them on medium heat until they turn light brown
3. Chop the tomato, onions and green chilli and make it into a paste by grinding or blending
4. Fry this paste for 8-10 minutes. Add the ginger-garlic paste and mix well
5. Heat rest of the oil and fry bay leaves along with cloves for about 30 secs
6. Add the prepared paste and fry on a medium heat until it turns golden brown
7. Add poppy seed, turmeric powder, red chilli powder, garam masala, black pepper, coriander powder, salt and mix well
8. Add green peas and fry for about 2 to 3 minutes
9. Add sufficient water to make thick gravy. Heat the gravy till it boils
10. Add paneer cubes. Stir the mixture properly and cook on a medium heat for about 5 minutes.
11. Garnish the dish with chopped coriander leaves



**Shahjahan has been associated with Asha for the last 16 years and works as a Community Health Volunteer. She and her family have lived near the railway tracks of Mayapuri for the last 30 years.**