

## Paneer with fried tomato gravy

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### Ingredients

- Paneer – 250-300 g (cut into 1" pieces)
- Tomatoes – 2 medium
- Garlic – 2-3 lobes grated
- Poppy seeds – 2 tbsp, make a paste (along with little salt, green chilies and little water, to avoid turning bitter)
- Coriander powder – 1 tbsp
- Cumin powder – 1/2 tbsp
- Yogurt/Cream – 4 tbsp
- Whole red chilies – 2-3
- Garam masala powder – 2 tbsp
- Red chili powder – 2 tsp
- Paprika – 1 tsp
- Sugar – 1/8 tsp
- Green Bell Pepper – 1 (grilled)



### Method:

1. Deep fry paneer pieces and keep the aside.
2. Put them in hot water for 20mins and squeeze out the water from paneer by pressing them.
3. Heat oil and fry chopped tomatoes and red chilies until the oil separates; make a smooth paste in the blender.
4. Heat 1 tsp of oil and fry garlic till brown in color and then add rest of the spices.
5. After frying for 5 mins, add the fried tomato paste and sugar and paprika.
6. When oil separates from the sides of the pan, add poppy seed paste; fry for few minutes.
7. Add the paneer and add 1/2 cup of water; boil for 5 -7 mins.
8. Take off from the heat; add cream or beaten yogurt over the top of the gravy.
9. Decorate with grilled bell pepper slices and serve with chapatis or parathas.