MATAR PANEER

DIRECTIONS:

- If using store-bought paneer, soak in bowl of hot water for 20 minutes. Drain before using.
- Meanwhile, heat a large pan or skillet over medium heat. Add 1 tablespoon oil, followed by onion. Cook, stirring occasionally, until softened. Add garlic, ginger, chili, cardamom, and peppercorns. Stir and cook for 2 minutes, until fragrant. Add tomatoes, salt, and cashews. Sautee for 2 to 3 minutes.
- Remove from heat and let cool. Transfer to a blender and purée until smooth. (Note if your pan has sufficient depth, you can use an immersion blender to purée this mixture.)
- Add 1 more tablespoon oil to the pan over medium heat. Add remaining spices, pour in tomato mixture, and stir to combine. Add peas, water, and paneer, stirring to combine. Cook for 5 more minutes. Add salt to taste, if desired.
- **5** Turn off the heat, garnish with cilantro, and serve warm with brown rice or whole wheat naan, paratha, or roti.

INGREDIENTS:

- ialapeño)

- $\frac{1}{2}$ cup water
- garnish)

40 MINUTES SERVES 6

Nutrition Facts 276 calories | 20g fat | 10g saturated fat | 312mg sodium | 16q carbohydrate | 3q fiber | 9q suqar | 17q protein

HEALTHIER TRADITIONS COOKBOOK™



• 12 ounces paneer cut in ½-inch pieces, about 2 cups • 2 tablespoons avocado or other neutral cooking oil, divided • 1 large onion, diced • 3 garlic cloves, minced 1 inch ginger, peeled and minced • 1 teaspoon chopped green chili (such as 1 green cardamom pod • 5 peppercorns • 1 can diced or crushed tomatoes, no salt added (or 2 large tomatoes) • ³/₄ teaspoon fine sea salt 10 raw and unsalted cashews ½ teaspoon cloves ½ teaspoon cinnamon ½ teaspoon coriander • ¹/₄ teaspoon turmeric 1/4 teaspoon cayenne pepper ½ teaspoon garam masala • ¹/₄ teaspoon cumin • 2 cups frozen peas, thawed 2 tablespoons chopped cilantro (for