



Kadai Paneer

Your interactive ingredient checklist — ready to print or take shopping.

SELECTED RECIPE

Kadai Paneer

TOTAL ITEMS TO BUY/PREP
21 Ingredients

SHOPPING LIST

Check off each item using the boxes below as you prepare or purchase it.

#	CHECK	INGREDIENT NAME	REQUIRED NOTES / QUANTITY
1	☐	Paneer	250g paneer, cut into medium-sized cubes
2	☐	Green Capsicum	1 medium capsicum, cut into cubes
3	☐	Onion	1 medium onion, cut into cubes
4	☐	Turmeric	½ teaspoon turmeric powder
5	☐	Red Chilli Powder	½ teaspoon red chilli powder
6	☐	Vegetable Oil	2 tablespoons oil
7	☐	Salt	Salt to taste
8	☐	Curd	½ cup fresh curd, whisked
9	☐	Tomato	2 medium tomatoes, pureed
10	☐	Ginger Garlic Paste	1 teaspoon ginger-garlic paste
11	☐	Turmeric	½ teaspoon turmeric powder
12	☐	Cumin Powder	½ teaspoon cumin powder
13	☐	Coriander Powder	1 teaspoon coriander powder
14	☐	Black Pepper	¼ teaspoon black pepper powder
15	☐	Red Chilli Powder	½ teaspoon red chilli powder

#	CHECK	INGREDIENT NAME	REQUIRED NOTES / QUANTITY
16	☐	Salt	<i>Salt to taste</i>
17	☐	Garam Masala	<i>½ teaspoon garam masala</i>
18	☐	Kasuri Methi	<i>1 teaspoon crushed kasuri methi (dried fenugreek leaves)</i>
19	☐	Water	<i>½-1 cup water, as needed</i>
20	☐	Vegetable Oil	<i>1-2 tablespoons oil</i>
21	☐	Coriander Leaves	<i>Fresh coriander leaves for garnish</i>

CHEF'S TIP

Check that you have all the ingredients prepped on your counter before you start cooking (this is called mise en place). Quantities are shown only when provided in the recipe data.