



Kadai Paneer

"Kadai Paneer is a delicious Indian curry made with soft paneer cubes, crunchy capsicum, onion, and a rich, spicy tomato and yogurt gravy. Flavoured with turmeric, cumin powder, coriander powder, black pepper, garam masala, and kasuri methi, this homemade Kadai Paneer is perfect for lunch or dinner. Serve it hot with roti, naan, or jeera rice."

NORTH INDIAN

VEG

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS	DIFFICULTY
15 min	20 min	35 min	3 People	Easy

INGREDIENTS (21 ITEMS)

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| ☐ Paneer
250g paneer, cut into medium-sized cubes | ☐ Green Capsicum
1 medium capsicum, cut into cubes |
| ☐ Onion
1 medium onion, cut into cubes | ☐ Turmeric
½ teaspoon turmeric powder |
| ☐ Red Chilli Powder
½ teaspoon red chilli powder | ☐ Vegetable Oil
2 tablespoons oil |
| ☐ Salt
Salt to taste | ☐ Curd
½ cup fresh curd, whisked |
| ☐ Tomato
2 medium tomatoes, pureed | ☐ Ginger Garlic Paste
1 teaspoon ginger-garlic paste |
| ☐ Turmeric
½ teaspoon turmeric powder | ☐ Cumin Powder
½ teaspoon cumin powder |
| ☐ Coriander Powder
1 teaspoon coriander powder | ☐ Black Pepper
¼ teaspoon black pepper powder |
| ☐ Red Chilli Powder
½ teaspoon red chilli powder (1) | ☐ Salt
Salt to taste |
| ☐ Garam Masala
½ teaspoon garam masala | ☐ Kasuri Methi
1 teaspoon crushed kasuri methi (dried fenugreek leaves) |
| ☐ Water
½-1 cup water, as needed | ☐ Vegetable Oil
1-2 tablespoons oil |
| ☐ Coriander Leaves
Fresh coriander leaves for garnish | |

STEP-BY-STEP INSTRUCTIONS

1 Prepare the Vegetables and Paneer

Wash the capsicum thoroughly and cut it into medium-sized cubes. Peel the onion and cut it into cubes of a similar size. Cut the paneer into medium-sized cubes and keep all the ingredients ready.

2 Season the Paneer

Place the paneer cubes in a bowl. Add ½ teaspoon turmeric powder, ½ teaspoon red chilli powder, and salt to taste. Mix gently until all the paneer pieces are evenly coated with the spices.

3 Fry the Paneer

Heat 1–2 tablespoons of oil in a pan over medium heat. Add the seasoned paneer cubes and fry for 2–3 minutes, turning gently until they become lightly golden. Avoid over-frying to keep the paneer soft and juicy. Remove from the pan and set aside.

4 Fry the Onion and Capsicum

In the same pan, add a little oil if needed. Add the onion and capsicum cubes and sauté over medium-high heat for 3–4 minutes. Keep the vegetables slightly crunchy rather than completely soft. Remove them from the pan and set aside.

5 Prepare the Curd and Spice Mixture

In a separate bowl, add ½ cup whisked curd, ½ teaspoon turmeric powder, ½ teaspoon cumin powder, 1 teaspoon coriander powder, ¼ teaspoon black pepper powder, ½ teaspoon red chilli powder (optional), and salt to taste. Mix thoroughly until smooth.

6 Prepare the Tomato Base

Heat 1–2 tablespoons of oil in a kadai or deep pan. Add 1 teaspoon of ginger-garlic paste and sauté for about 30 seconds. Add the tomato puree and cook for 5–7 minutes, stirring occasionally, until the raw tomato taste disappears and the masala is well cooked.

7 Add the Curd Mixture

Reduce the heat to low. Gradually add the curd and spice mixture to the tomato base while stirring continuously. This helps prevent the yogurt from splitting. Cook for 2–3 minutes over low heat.

8 Cook the Gravy

Add ½ cup hot water and stir well. Simmer the gravy over low heat for 3–5 minutes until the flavours combine and the gravy reaches your preferred consistency. Add more hot water if you prefer a thinner gravy.

9 Add Paneer and Vegetables

Add the fried paneer, capsicum, and onion to the gravy. Sprinkle in ½ teaspoon garam masala and 1 teaspoon crushed kasuri methi. Mix gently so the paneer and vegetables are coated evenly with the gravy.

10 Simmer and Garnish

Cook over low heat for another 3–4 minutes, allowing the paneer to absorb the flavours. Turn off the heat and garnish with freshly chopped coriander leaves and kasuri methi.

11

Serve

Serve the hot Kadai Paneer with roti, naan, paratha, or jeera rice. Enjoy this flavourful homemade Indian curry with your family!

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