



Presents

Salma's Kitchen

Mutter Paneer with Chapati (6 servings)

Here's a list of ingredients that you can use to make this tasty dish:

- 250g paneer
- 2tbsp rapeseed oil
- 1/2tsp cumin seeds
- 1 small onion, chopped
- 2 chopped tomatoes
- 1tsp tomato puree
- 1tsp coriander powder
- 1/2tsp red chilli powder
- 1/2tsp turmeric powder
- 100ml/4oz water

Method for Preparing / Cooking Mutter Paneer

- 1) Cut the paneer into cubes and set aside.
- 2) In a warm pan, add the oil, and the cumin seeds. When the seeds begin to pop, add the onions and cook until soft.
- 3) Add the tomatoes, tomato puree and all the spices, and cook for 5 minutes.
- 4) Add the pieces of paneer and the 100ml water. Bring this to boil and then add the peas. Reduce the heat and simmer for 10 minutes.

Tip: Tofu is a good alternative to full-fat paneer which is high in saturated fat.

Carbohydrate Counting your meal:

Nutritional information (this recipe) Per serving:

134kcal	Energy
7g	Fat
1g	Saturated fat
10g	Carbohydrate
4g	Total sugar
8.5g	Protein
4.5g	Fibre

Here's how to carbohydrate count the chapatis for your meal:

1 Chapati = 60 grams = 25 grams carbohydrate

2 Chapatis = 120 grams = 50 grams carbohydrate

3 Chapatis = 180 grams = 75 grams carbohydrate

Happy cooking and enjoy your meal

