



## RECIPE

## Paneer Balti Masala

Recipe Created For      Main Ingredient  
Balti Dish                  Cheese

Cook Time                  Serving Size  
Under 2 hours            1-2

## RECIPE NOTES

Looking for the perfect Indian recipe to make in your Balti Dish? Try this Paneer Balti Masala recipe for an adventurous vegetarian dish that will have you craving Indian food all week long. The star of this dish is Paneer, a type of fresh cheese commonly eaten in India made of either buffalo or cow's milk. The paneer is browned in the balti dish until crisp. Though paneer is the featured ingredient of this recipe, the dish also features a beautiful blend of spices alongside the paneer to add the needed Indian kick to the dish. These spices, collectively referred to as Garam masala, include, coriander, curry powder, cumin, fenugreek, anise, turmeric, cinnamon, and cardamom. Check your pantry to make sure you have all these flavourful spices and ingredients and get ready to enjoy this delicious Paneer Balti Masala! The recipe takes under two hours to make and serves about two portions. For larger gatherings, adjust the portions accordingly and enjoy! Here are all the ingredients you need and steps to follow before tackling this recipe.

## INGREDIENTS

- ¼ cup (60 ml) vegetable oil
- ¾ lb (340 g) paneer cheese, patted dry and cut into large cubes
- 1 small onion, finely chopped
- 1 tbsp (15 ml) minced garlic
- 1 tbsp (15 ml) minced fresh ginger
- 2 long green chili peppers, chopped
- 1 tbsp (15 ml) dried coriander
- 2 tsp (10 ml) hot curry powder
- 2 tsp (10 ml) ground cumin
- 1 tsp (5 ml) crushed fenugreek
- 1 tsp (5 ml) crushed anise seeds
- 1 tsp (5 ml) ground turmeric
- 1 tsp (5 ml) ground cinnamon
- ½ tsp (2.5 ml) ground cardamom
- 2 large tomatoes, seeded and diced
- 1 cup (250 ml) canned chickpeas, rinsed and drained
- 1 cup (250 ml) water
- 2 tbsp (30 ml) salted butter
- Cilantro leaves, to taste

## INSTRUCTIONS

Heat the oil in the Balti Dish over medium-high heat. Add the paneer cubes in batches and fry until nicely browned on all sides. Watch out for splattering. Set aside on paper towel. Season with salt and pepper.

Add the onion, garlic, ginger and chillies to the hot oil remaining in the Balti dish. Cook on medium for 5 minutes or until tender and slightly golden. Add the spices and toast until fragrant, about 1 minute.

Add the tomatoes, chickpeas and water. Season with salt and pepper. Simmer on medium-low heat for 20 minutes or until the tomatoes have broken down, stirring often.

Stir in the paneer and butter. Simmer for 5 minutes to heat through.

Garnish with cilantro leaves and serve.

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