

Keto Indian Curry Paneer Tray Bake

Hands-on 10 minutes Overall 45 minutes

Nutritional values (per serving): Total carbs: 11.7 g, Fiber: 3.6 g, **Net carbs: 8.1 g**,

Protein: 19.9 g, Fat: 30.3 g, Calories: 387 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

- 250 g paneer cheese *or* halloumi (8.8 oz)
- 1 small red pepper (74 g/ 2.6 oz)
- 2 cups button mushrooms (200 g/ 7.1 oz)
- 1 cup green beans, trimmed (100 g/ 3.5 oz)
- 3 spring onions (45 g/ 1.6 oz)
- 1 tbsp curry powder
- 1/8 tsp garlic powder
- 1 tsp [garam masala](#) powder
- 1/2 cup plain full-fat yoghurt *or* sour cream (125 g/ 4.4 oz)
- 3 tbsp olive oil *or* melted virgin [coconut oil](#) *or* [ghee](#) (45 ml)
- 1 tbsp water (15 ml)
- 1/2 tsp sea salt
- 1/4 tsp freshly ground pepper
- 4 tbsp plain full-fat yoghurt *or* sour cream, to serve (60 g/ 2.1 oz)
- fresh cilantro (coriander), to serve

- Brush the bottom of a baking tray or dish with the remaining oil, and add the ingredients.
- Cook for 30 to 35 minutes or until edges of vegetables and paneer are starting to brown.
- Best served immediately with a dollop of full-fat yogurt or sour cream and fresh coriander. Store in the fridge for up to 4 days. Reheat before serving.

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Instructions

- Preheat oven to 200 °C/ 400 °F (conventional), or 180 °C/ 355 °F (fan assisted). Combine the spices, salt and pepper in a bowl and mix well.
- Add the yoghurt, 2 tablespoons of oil and water. Stir to make a paste. If you use ghee or coconut oil it will solidify when combined with cold ingredients but that's ok.
- Cut the paneer into cubes 2 x 2 cm/ 0.8 x 0.8 inch. Prepare the vegetables — trim the woody ends of the green beans; cut the top of the pepper and remove seeds, then cut into cubes; halve the mushrooms, and remove the green ends from the spring onion and cut the white part in half.
- Add the vegetables and paneer to the curry paste and stir until they are evenly coated.