

# 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

## Instructions

1. 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.
2. 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.
3. 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.
4. Add the vegetables and paneer to the curry paste and stir until they are evenly coated.
5. Brush the bottom of a baking tray or dish with the remaining oil, and add the ingredients.
6. Cook for 30 to 35 minutes or until edges of vegetables and paneer are starting to brown.
7. 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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