

Low-Carb Paneer Makhani

Hands-on 10 minutes Overall 30 minutes

Nutritional values (per serving): Total carbs: 10.2 g, Fiber: 2.4 g, **Net carbs: 7.8 g**,

Protein: 15.6 g, Fat: 40.4 g, Calories: 458 kcal,

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



Ingredients (makes 3 servings)

200 g (7.1 oz) paneer (*you can [make your own paneer](#)*)

3 tbsp butter (45 g/ 1.6 oz)

1 bay leaf

1/2 tsp cumin seeds

1/2 large yellow onion, roughly chopped (75 g/ 2.7 oz)

2 medium tomatoes, roughly chopped (200 g/ 7.1 oz)

1 clove of garlic, chopped

1/2 inch of ginger, chopped, or 1/2 tsp ginger paste

1/2 tsp [turmeric powder](#)

1/4 tsp [garam masala](#)

1/3 cup heavy whipping cream (80 ml/ 2.7 fl oz)

fresh cilantro for garnish

salt to taste

Suggested sides: [Flax Roti](#) or [cauli-rice](#)

Optional ingredients:

1 tsp coriander powder

1/2 tbsp tomato paste

[stevia](#) to taste

red chili powder to taste

1/3 tsp dried fenugreek leaves

Instructions

1. Add the butter to a pan over medium-high heat. Once it has melted, add the bayleaf and the cumin seeds. Let them cook for about 45 seconds.
2. Add the onion, garlic and ginger with a pinch of salt. Cook on medium-low heat for about 10 minutes until the onion is very soft.
3. Add the tomatoes, tomato paste, stevia, coriander powder and turmeric, as well as 1/3 cup water. Cook about 5 minutes until the

tomatoes are broken down.

4. Take out the bayleaf if you can find it, then transfer everything into a blender and blend until you have a fine paste. You can add some water if it is too thick.
5. Put the sauce back into the pan over medium-high heat, and add the cubed paneer.
6. Let it all simmer together for 5 minutes.
7. Turn off the stove, add the cream, garam masala and fenugreek leaves. Mix well.
8. Garnish with coriander and eat with [cauli-rice](#) or with [flax roti](#).

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