

Methi Paneer (Fenugreek & Indian Cottage Cheese)

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Methi Paneer is a delicacy from Northern Part of India. It is made with fenugreek leaves and paneer or Indian Cottage cheese which is served as spicy gravy for [paratha](#) or [roti](#) or [pulao](#). This dish is so simple to make and delicious and also it has lot of medicinal benefits.

Ingredients

- 1 Small Bunch of Methi or Fenugreek Leaves
- 7-10 Deep Fried Paneer or Indian Cottage Cheese
- 1 Big Onion, Chopped
- 2 Medium Size Tomato, Chopped
- 2 Tsp of Curry Powder

1 Tsp of Ginger Garlic Paste
2 Green Chillies
2 Tbsp of Dried Methi Leaves
1/2 Tsp of Amchur Powder or Dried Mango Powder
2 Tbsp of Milk
1/2 Tsp of Garam Masala
Cilantro for garnishing
Salt to taste

To Temper

1 Tbsp of Oil
1 Tsp of Mustard
1 Tsp of Cumin
1/2 Tsp of Kalonji (Optional)

Method

- Heat oil in a pan and add all the ingredients under " To Temper" List.
- Add onion and salt, fry for 1-2 mins until it turns golden brown.
- Add ginger garlic paste and green chillies, saute for 2 mins until raw smell vanishes.
- In a medium flame, add curry powder and saute for 1 min.
- Add chopped tomatoes, Saute well for 1-2 mins until oil separates.
- Add fenugreek leaves and paneer, cook for 3-5 mins so that it absorbs all the masala.
- Add dried methi leaves by crushing it between your palms, garam masala and amchur powder. Mix well. Cook for a 1-2 mins.
- Finally add milk and cilantro. Check the salt and turn off the stove.
- Hot methi paneer is ready to serve.

Tips

- Serve hot with [vegetable pulao](#) or [roti](#)
- If you want rich gravy, you can add cashews and heavy cream.
- You can also add lemon juice at the end, for more tangy taste.
- If you don't have curry powder, replace it with 1 tsp of coriander powder, 1/2 tsp of chilly powder and 1/2 tsp of turmeric powder.

Health Benefits of Methi or Fenugreek and Panner

Fenugreek

- Rich in Vitamin C and K
- Consumption of fenugreek leaves restores excellent digestion abilities
- Lowering type-1 and type-2 diabetes.
- Lower serum cholesterol, triglyceride, and low-density lipoprotein

Paneer

- Rich in calcium.
- Good source of protein.
- Prevents stomach disorders.

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