INDIAN · DINNER · LUNCH

Paneer Makhanwala (Butter Paneer)

35 min · Serves 4 · 284 kcal a serve · Video 6:06 · HK's Keto & Low Carb Recipes

Vegetarian · Gluten-free ingredients · No nuts listed

A vegetarian keto curry: paneer in a buttery tomato-cream sauce with about 5 g net carbs a serve, a good source of calcium, and no added sugar.

Diet notes: Keto (5.1 g net carbs a serve).

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Ingredients 15 · SERVES 4

- [ ] 1 oz **butter**
- [ ] 1½ oz **red onion**, finely chopped
- [ ] 1 tsp **cumin seeds**
- [ ] 1 tsp **ginger-garlic paste**
- [ ] 1/4 tsp **turmeric powder**
- [ ] 1/2 tsp **Kashmiri red chilli powder**
- [ ] 1/2 tsp **coriander powder**
- [ ] 1/4 tsp **garam masala**
- [ ] 2½ oz **tomato purée** (passata)
- [ ] 1/2 cup **water**
- [ ] 7 oz **paneer**, cut into bite-sized pieces
- [ ] 1 tsp **kasuri methi** (dried fenugreek leaves)
- [ ] 2½ oz heavy (double) cream
- [ ] **salt** to taste
- [ ] **fresh coriander**, to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Melt the butter in a saucepan and cook the onion with the cumin seeds until soft, translucent and lightly coloured. 0:36
2. Stir in the ginger-garlic paste, turmeric, chilli powder, coriander powder and garam masala and cook for about 2 minutes to take the raw edge off the spices. 1:07
3. Add the tomato purée and water, scrape the pan clean, then cover and simmer for at least 10 minutes. 1:41
4. Meanwhile brown the paneer pieces on all sides in a dry frying pan and set aside. 2:09
5. Uncover the sauce, stir in the kasuri methi, then the cream, and season with salt. Simmer briefly if you want it thicker. 3:06
6. Fold in the paneer and garnish with fresh coriander. 3:58

> **Tip** Portions are modest (the cook says 4); double the paneer for hungry eaters. Blend the onion and use cumin powder for a smooth, restaurant-style sauce. Serve with cauliflower rice to keep it keto.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
284 kcal	**10** g	**6** g
1,190 kJ	21% of a day	5.1 g net · 3.8 g sugars
		2% of a day

FIBRE	FAT	SODIUM
0.9 g	**24** g	**420** mg
3% of a day	15 g saturated	18% of a day
	31% of a day	

Energy from net carbs 7% · protein 14% · fat 79% — fits keto: 5.1 g net carbs, 79% of the energy from fat

High in (20%+ of a day) Vitamin A 27% · Vitamin B12 23% · Calcium 21%

Source of (10–19%) Selenium 13% · Zinc 11%

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=0PxvsZAkr_0, published 12 October 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-paneer-makhanwala