

Taste the Hills

Recipes and Tips

Mattar Paneer

This is pretty much a convenience food – assuming you have either a packet of paneer or tofu in the fridge, spices in the cupboard and peas in the freezer! You do need a non-stick pan though as the paneer can stick.

Serves 4

4 tbsp oil	1/2 tsp chilli powder plus fresh red chilli to taste
250g paneer or firm tofu	150g tinned chopped tomatoes
4 cardamom pods, bruised	1 tsp salt
2 bay leaves	125g frozen peas
1 onion, finely chopped	1/2 tsp garam masala
2 tsp ginger paste	2 tbsp natural yogurt or cream
2 tsp ground coriander	Fresh coriander
2 tsp ground coriander	

Pat dry the paneer on paper towels and cut into large cubes. Heat half the oil in a non-stick pan and brown the paneer. Set this aside.

Add the remaining oil to the pan and reduce the heat to low. Add the cardamom and bay leaves and leave to sizzle for a few seconds. Add the onion and increase the heat to fry it gently for five minutes.

Add the garlic and ginger and fresh chilli (if using) and cook until the onion is golden.

Add the dry spices (all except the garam masala) and stir for a minute before adding the tomatoes. Cook for a couple of minutes before adding a splash of warm water. Cook for a further few minutes. The oil should separate from the spice paste.

Add a little more water and the salt and simmer for five minutes. Then finally add the paneer and peas for another five minutes of cooking. Stir in the garam masala, cream and some chopped coriander.

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School Road, Craven Arms, Shropshire SY7 9RS

Email: info@shropshirehillsdiscoverycentre.co.uk

Tel: 01588 676060 www.shropshirehillsdiscoverycentre.co.uk

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