



Low FODMAP Paneer Butter Masala

Serves: 2

Prep: 5 minutes

Cook: 20 minutes



Stack Cup

Ingredients	Metric	Imperial
Paneer cheese	120 g	4.2 oz
1 cup common tomato, diced	200 g	7 oz
½ inch piece fresh ginger	10 g	0.4 oz
1-2 green chillies (as per taste)	20 g	0.7 oz
¼ tsp cumin seeds	0.7 g	0.02 oz
1 pod cardamom, black	1.3 g	0.05 oz
½ inch cinnamon stick	1 g	0.04 oz
½ tsp salt	1.3 g	0.05 oz
¼ tsp red chilli powder (as per taste)	0.7 g	0.02 oz
½ tsp turmeric powder	1.3 g	0.04 oz
1 tsp garam masala powder	2.6 g	0.09 oz
½ tsp dried fenugreek leaves	1.3 g	0.05 oz
2 tbsp peanuts	22 g	0.8 oz
2 tbsp oil/clarified butter (ghee)	34 g	1.2 oz
2 tbsp fresh cream (lactose free if required) - optional	41 g	1.4 oz
Fresh coriander leaves, chopped (to garnish)		

Method

1. Grind tomato, ginger, green chillies, peanuts, cinnamon and cardamom together into a smooth paste.
2. Heat oil in pan. Add cumin seeds and as the seeds start to brown, add the smooth paste that was prepared in the above step. Stir gently. Add salt and cook on a low to medium heat until you can see oil separating out of the paste. This may take 3-5 minutes and you may sprinkle little (1 Tbsp) of water, if the paste starts sticking to the pan.
3. Once the paste is cooked, add turmeric powder, red chilli powder, garam masala powder and dried fenugreek leaves and stir gently for a minute or so. If adding cream, then you may add cream in this step after adding dry spice powders. Add 1 cup of water. Mix well and cook for 3-4 minutes.
4. Add paneer and cook covered on low to medium heat for 4-5 minutes.
5. Add water as per desired consistency of gravy.
Add chopped fresh coriander leaves as garnish to serve.

Hints

- Extra low FODMAP vegetables can be added to this curry as desired
- Paneer cheese can be replaced with firm tofu

Nutrition Information (per serve)

Energy	1963 Kj / 469 cal
Protein	17.55g
Carbohydrates	7.71g
Sugar	5.02g
Total Fat	40.21g
Saturated Fat	23.39g
Fibre	5.00g