



	<b>Healthy Indian Bites</b>	
	Eat Healthy, Live Healthy.	

# Paneer Bhurji

## oil free

## Cottage cheese



Paneer Bhurji is oil free food recipe. It is one of the famous, traditional dishes, eaten in north of India. People love eating it, in celebrations or on regular basis, in their diet. Beauty of this food item is, it tastes yummy and along with that, it gives hell lot of energy. Homemade cottage cheese is full of [casein proteins](#). It takes 20-25 min to cook recipe. We have tried to modify it and make oil free, to maintain low calorie, high nutrition diet and enjoy Savoury meal.

In *HealthyIndianBites* food blog, we love cooking protein filled dishes. Along with that, [monosaturated fat content](#) is great to reduce, [LDL cholesterol levels](#). They are good for muscle strength, keep fuller for long and give lot of energy. Hopefully, viewers like it. We look forward, for your comments and suggestion. For latest and regular updates, enroll us on our *newsletter*. For live demo on cooking, please refer our cooking channel on *Social Media*.

**Instagram ID: [Healthy.Indian.Bites](#)**

**Youtube and Facebook: [HealthyIndianBites](#)**

## Paneer Recipes with Curd.



### *Cooking Ingredients:*

- 1 whole Milk 500 ml.
- 2 finely chopped green Chili.
- 2-3 Tomatoes diced.
- 1 teaspoon Salt. (Add as per taste)
- 1 teaspoon crushed whole Pepper.
- 1 teaspoon White Sesame Seeds.
- 1 teaspoon Vinegar.
- 100 ml Curd.
- 1 teaspoon fresh Coriander.
- 1-2 teaspoon cooking Oil.
- 1 teaspoon crushed dried Fenugreek. (This is optional). Adding it bring flavour and is good from health perspective.

#### *Cottage Cheese Preparation:*

1. Boil 500 ml whole milk on low flame.
2. Add 1 teaspoon vinegar to milk. After milk gets curdled. Filter it. Drain extracted water.
3. Mix 100 ml curd, with filtered loose Paneer.
4. Separate filtered liquid after mixing Curd and Paneer. Save for later use. This is called as [\*whey milk\*](#).
5. Further, give 2-3 pulse in mixer Grinder. To obtain proper mix of Curd and Paneer.

#### *Dahi Wale Paneer Recipe:*

1. Roast 2-3 Tomatoes and green chili on tawa or pan, on low flame for 2-3 minutes. (Make sure it is not burnt and just heated). This adds right flavor to foods.
2. In mixer grinder, mix tomatoes with green chili to form right mix.
3. Mix 1 teaspoon salt to a pan as well.
4. Further, mix 1 teaspoon crushed black Pepper.
5. Also, add 1 teaspoon Sesame seeds.
6. Also, 1 teaspoon crushed dried Fenugreek leaves.
7. Add freshly cooked, Tomato Puree, to a pan.
8. Mix well. Apply lid. And cook on low flame for 3-5 minutes. It blends well to form a curry.
9. Add freshly cooked cottage cheese to it.
10. Cook for couple of minutes to blend cottage cheese with tomato puree.
11. Blend well, then mix whey liquid. Cook and mix well. It shouldn't be watery. Binds well.
12. Serve hot with roti/chapati or naan.

#### *What is High Calorie Indian Food??*

1. Paneer Bhurji comes in list of high calorie foods, that gains weight. But in [HealthyIndianBites](#), we tried to figure out, understand and analyze reason behind it. We also learnt, the [\*nutrition value\*](#) of this food item. It is high in saturated fats and cholesterol.
2. And good source of proteins- [\*casein\*](#).
3. [\*Whey\*](#) is by-product obtained making Homemade cottage cheese.
4. Also, Calcium and Vitamin D content is good enough.
5. So, to balance it, and make it right choice of foods, we avoided adding extra oil, ghee or butter into it.
6. [\*Fenugreek\*](#) and [\*Sesame\*](#) added to it, helps lowering cholesterol. And create right balance.
7. Also, to add greasy texture to foods. We did add whey milk obtained. Tried to make right use of it. And add it to foods. Instead, of draining it.
8. Further, Curd is added and blended. This gives taste and texture to Paneer Bhurji.

[HealthyIndianBites](#), Authentic Indian Food Recipes.



*In HealthyIndianBites, we love cooking. And bring best combination of authentic food recipes. Recipes cooked, are modified to maintain taste and bring health benefits. Now eat and lose weight and live healthy with us. Few of the food recipes, cooked and are listed below:*

