



Mustard Paneer

NIBBLEDISH CONTRIBUTOR

Ingredients

- 2 tablespoons of coriander leaves - 2 tablespoons of mustard oil - 1 1/2 teaspoons ground white mustard seeds - 1/2 teaspoon of ground black mustard seeds - 1 teaspoon ground sesame seeds - 1 1/2 cups of water - 2 green chili, cut into 3 - 1 block or whole package of paneer, cut into 2 inch cubes - salt to taste - 1/2 teaspoon of sugar

Instructions

This is a typical bengali dish with a strong, musky, mustardy taste. Goes best with plain basmati rice. 1. Mix ground black and white mustard seeds and sesame seeds, adding mixture to the water - place this mixture on the side in a container 2. Heat oil in separate pan and add green chilis 3. Add mustard/water mixture and turn heat to medium-high and cook for 5 minutes 4. Add sugar 5. Add salt according to taste 6. Add coriander leaves 7. Add cubed paneer and cover pan with lid - cook for 20 minutes on medium heat, stirring occasionally If the mixture is too strong in taste (too mustardy), simply add more water. Note: It is better to start off with a stronger taste rather than having the dish too bland and watery