



paneer bhurji (cottage cheese -scrambled?)

NIBBLEDISH CONTRIBUTOR

Ingredients

250 gms cottage cheese
1 medium to large onion
teaspoon of garlic paste
1 medium size tomato
little oil
salt as per taste
black pepper as per taste
garam masala -hot spices (if needed)
coriander powder (if needed)
pinch of turmeric powder (if needed)
red chillies powder (if needed)
green chillies (if needed)
other vegetables as per your taste

Instructions

here is a super simple and super easy recipe for cottage cheese. and is tasty too. here i will be presenting in two method, the one is supersonic method and other is indian one which takes a bit long.

supersonic version

not only its fast its less spicy too. here goes...

chop the onions and tomatoes. put some oil in the frypan. dont add lots of oil, maybe

one teaspoon coz the cottage cheese will release oil too. fry the onions a bit, when it changes slightly its colour, add the tomatoes(chopped). when the tomatoes start to soften up add the garlic paste. (i lv garlic so i add extra garlic). cook untill everything is fried up and start to release oil. quickly add salt and pepper. while everything is being cooked mash the cheese. (yes mash and preferably with hands, this makes the cottage cheese chunky - wash your hands beforehand). now add the cheese and cook. if u like it soft cook for just 2-3 min and keep on mixing. if you want it to be a bit hard then cook and mix it for 5 min. enjoy it with a bread or chappati (indian bread).

ps - u can add regular cheese in the end so it can be more creamy (and tasty)

long, healthy and indian version

the steps are similar but its too spicy too.

initial steps are similar

chop the onions, tomatoes and other vegetables you like (like cauliflower, capsicum, brocolli). put some oil in the frypan. this time add more oil so you can easily fry more vegetables. fry the onions a bit, when it changes slightly its colour, add the tomatoes(chopped). when the tomatoes start to soften up add the garlic paste. (i lv garlic so i add extra garlic). then just add all the other chopped vegetables. simmer and cook for 5 min. now add salt, (no pepper), garam masala (if you get it at some place :-), a small pinch(yes smaller than a pinch) of turmeric powder, pinch of red chillies powder and coriander powder. fry again till a pleasant aroma fills your nose.

add the mashed cottage cheese and mix it. cook untill the cheese start to leaves oil. its ready and enjoy it.

p.s. - if you are a bit more adventures add chopped green chillies while frying the vegetables.