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Raj's Tikka Masala ♦♦

Raj's Tikka Masala is a delicious vegetarian dish that originated in India. It is made with marinated paneer and a rich tomato-based sauce. This dish is often enjoyed with rice or naan bread.

Recipe Type: Vegetarian

Prep Time: 30 mins

Cook Time: 40 mins

Total Time: 70 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Paneer
100 g	yogurt
400 g	Tomatoes
100 g	onion
2 cloves	garlic

1 tsp	Ginger
1 tsp	garam masala
0.5 tsp	turmeric
0.5 tsp	cumin
0.5 tsp	coriander
0.5 tsp	salt
2 tbsp	oil
10 g	Cilantro
1 tbsp	lemon juice

Directions

Step 1

Marinating

Cut the paneer into cubes and marinate it in yogurt, ginger, garlic, garam masala, turmeric, cumin, coriander, and salt. Let it sit for 15 minutes.

Prep Time: 15 mins

Cook Time: 10 mins

Step 2

Frying

Heat oil in a pan and fry the marinated paneer until golden brown. Remove from the pan and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Sautéing

In the same pan, add chopped onions and sauté until golden brown. Add chopped tomatoes and cook until they become soft.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Blending

Blend the cooked onions and tomatoes to make a smooth paste. Return the paste to the pan and add the fried paneer cubes. Cook for another 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Garnishing

Garnish with chopped cilantro and drizzle with lemon juice. Serve hot with rice or naan bread.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 18 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	18 g	105.88%	105.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	2 g	5.26%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	6 g	N/A	N/A
Lactose	5 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	40 mg	4%	4%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Indian French Japanese Mediterranean American Middle Eastern

Course

Salads Snacks Breads Appetizers Main Dishes Side Dishes

Events

Picnic

Nutritional Content

High Fiber Low Carb High Protein Low Fat High Calcium High Iron

Diet

Anti-Inflammatory Diet

Meal Type

Lunch Snack

Difficulty Level

Medium

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