

# Recipe- Mirch Ka Salaan

## Mirch Ka Salaan



### Ingredients

Green Chilli Moti 5 nos

Grated Paneer 3 tbsp  
(or according to taste)

### For Gravy

Oil 1 tbsp

Jeera 1 tsp

Hing /Asafoetida 1 pinch

Ginger Paste 2 tsp

Tomato Puree 5 tbsp

Salt 1 tsp (or according to taste)

### Method

- Wash Green chili properly, wipe with clean kitchen towel.
- Slit them, remove the seeds and keep aside.
- Now we will prepare stuffing.
- Take a small bowl, mash well boiled potato and grated paneer.
- Add salt, jeera powder, black salt and chaat masala mix well.
- Reserve around 2 tbsp of stuffing for gravy.)
- Not take 1-2 tbsp oil in a flat pan and fry stuffed chili from all sides.
- Cover the pan and leave on low flame for around 5-6 minutes.
- Check when chilis are soft switch off the flame and keep aside.
- Take 1 tbsp oil in a pan and heat on high flame.
- When oil is hot enough add jeera and let it cracker.
- Add asafoetida, ginger paste, turmeric powder, coriander

powder and fry.

- Add tomato puree and fry till it leave sides of the pan.
- Switch off the flame and cover the pan.
- Now take curd in a small bowl and beat well for few seconds so that their is no lumps.
- Add this curd to the gravy and mix well.
- switch on the gas on medium flame, fry and keep string otherwise it will curdle.
- When a boil comes turn the gas to low flame and add reserved stuffing mix well.
- Add sufficient water (depends how thick you want the gravy) cover the pan and let it boil.
- Check in 3-4 minutes if gravy starts leaving oil.
- Switch off the gas.
- For serving take gravy in a bowl and slip the chills inside.
- Serve hot with puri, naan, chapati or rice.

### **Tips**

Switch off the flame before adding curd.

Keep stirring after adding curd as it can curdle otherwise.

Remove seeds from chilis or it can go really hot.