



Recipe developed by Chef Paige Vondran

PANEER KORMA

	Ingredients	Exchanges
Heavy Cream	60 gm	
Protein	29.9 gm firm tofu	1.7 (+0.9 gm)
	10.2 gm almonds	2 (-3 gm)
Fat	12.9 gm mayonnaise	3 (-2.1 gm)
	15 gm butter	3
Carbohydrate	13.3 gm green beans	1.3
Other	salt, pepper, garam masala, red curry	

DIRECTIONS

- Using a food processor, chop the almonds until ground.
- In a sauté pan, heat the dry seasonings until fragrant.
- Add in the tofu, butter, green beans, and almonds.
- Once butter is fully melted, add the heavy cream and mayonnaise.
- Stir to combine all ingredients together.
- Cover with a lid and cook on low for 5-10 minutes.
- Serve warm in a bowl.

VARIATIONS

- Other proteins can be used such as chicken, ground beef, or variety of cheeses.
- Other carbohydrates can be used such as spinach, mushrooms, or cauliflower.
- This recipe should not be frozen because it will not hold together well when reheated.