



Paneer Upma*

Serving: 1

Veg

Ingredients

- **Paneer: 100gm.**
- **Onion: 2 tbsp chopped**
- **Capsicum: 1 medium**
- **french beans: 4 tbsp chopped finely**
- **Coconut oil: 5 gm.**
- **Mustard seeds: 1/4 tsp.**
- **Dry red chilies: 1-2**
- **Curry leaves: 6-7**
- Salt and Crushed black pepper to taste
- **Degi mirch: 1/2 tsp.**

Preparation Method

- In a pan put coconut oil and add mustard seeds.
- Once they crackle, add dry red chilies and curry leaves.
- Add onions and fry till they become translucent, now add finely chopped capsicum, beans and sauté (don't overcook, it should be crunchy).
- Finally add crumbled paneer, salt, black pepper, and Degi mirch and cook for 5-6 minutes. Enjoy hot.