



Vegetable & Paneer Pockets/ Wrap

Serving: 1

Veg

Ingredients

- Serves 1
- **For the pita pocket**
- 1 no. whole grain pita bread
- **To be mixed into a marinade**
- 1 tbsp olive oil
- $\frac{1}{2}$ tsp lemon juice
- Salt to taste
- 1 tbsp finely chopped coriander
- $\frac{1}{2}$ tsp finely chopped garlic
- For the paneer coleslaw
- 100 grms chopped paneer
- $\frac{1}{2}$ cup shredded cabbage
- $\frac{1}{4}$ cup grated carrot
- $\frac{1}{2}$ tsp finely chopped green chillies
- $\frac{1}{4}$ cup low-fat eggless mayonnaise
- Salt to taste

Preparation Method

- 1. Heat a non-stick griddle pan over a medium flame and cook the pita bread on both the sides.
- 2. Cut the pita pocket into half and spread the marinade and fill the paneer coleslaw.
- 3. Serve immediately.