



Paneer tikki (Fasting)

Serving: 1

Veg

Ingredients

- 150 grams paneer
- 1 small boiled potato
- salt and pepper to taste
- 1 chopped green chilli
- 2 tsp oil for cooking

Preparation Method

- Add grated paneer, boiled potato to a bowl. Mash well with your hands.
- Sprinkle rock salt and black pepper powder.
- Add green chilli, singhare ka atta and mash again to make a dough.
- Make small flat cutlets , keep aside
- On a non-stick pan, add some oil, fry the cutlets till golden and crisp. Serve