

C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553

eatfit24by7@gmail.com



Serving: 1 Veg

## Ingredients

- Paneer: 100 gm.
- Poha: 2 tbsp.
- Ching's schezwan sauce: 1 tbsp.
- Salt and Black pepper to taste
- Soya sauce: A few drops
- Ginger: 1 tbsp, grated
- Cheese cube: 1, for the dip.

## Preparation Method

- Wash poha, strain and keep aside.
- In a bowl crumble paneer and add ginger, salt, black pepper, a few drops of soya sauce, and 1 tsp. schezwan sauce.
- Mix and make small balls (u can add <sup>1</sup>/<sub>2</sub> spoon of husk if you want to bind it well).
- In the poha add 1 tsp of schezwan sauce and mix it with a spoon (don't mash it).
- Now cover the paneer balls well with poha and cook them on the Appe pan.
- You can flatten n cook on a non-stick pan too. Cook till they are nice and crisp
- from all sides.
- For the dip take one cheese cube and add 2 tbsp. of water, 5 gm. schezwan sauce, and a few drops of olive oil.
- Microwave it for 30 seconds and mix well.
- Put toothpicks in your Paneer balls and enjoy Paneer Lollypops with cheesy schezwan dip.