



Zucchini Panner Tikis*

Serving: 1

Veg

Ingredients

- **Paneer: 50 gm.**
- **- Zucchini: 60-70 gm.**
- **- Cheese: 1 cube**
- **- Isabgol: 1. 5 tsp.**
- **- Salt to taste**
- **- Pepper and chili powder to taste**
- **- Jeera powder: 1/2 tsp.**
- **- 2 tsp Coconut oil .**
- **(You can also use Italian herbs instead of Indian spices)**

Preparation Method

- Grate the zucchini and strain the water out. Grate paneer, cheese and add to the
- zucchini.
- - Add the rest of the ingredients and mix well.
- Heat coconut oil in a pan and make small globs of this mixture and cook on a low flame for a few minutes both sides.