



Dill Paneer Curd Sandwich

Serving: 1

Veg

Ingredients

- Ingredients
- 2 toasted whole wheat / multi grain / plain bread slices
- To Be Mixed Together For The Topping
- 20 grams grated low-fat paneer
- $\frac{1}{4}$ cucumber finely chopped
- 2 tbsp finely chopped dill (shepu / suva bhaji)
- 1tbsp low-fat curds (dahi)
- salt and black pepper to taste
- 1 tsp red chilli powder

Preparation Method

- Place the toasted bread slices on a clean, dry surface and spread a portion of the topping evenly over each bread slice.
- cut into 2 pieces diagonally.
- Serve .