



## Apple-Paneer Sandwich ( ES )

Serving: 1

Veg

### *Ingredients*

- 20 grams crumbled paneer (cottage cheese)
- 3 tbsp grated apple (unpeeled)
- 1 tsp finely chopped green chillies
- salt to taste
- 2 bread slices
- Black pepper to taste
- 1 tsp oil for cooking

### *Preparation Method*

- Combine the paneer, apples, green chillies and salt in a bowl and mix well. Keep aside.
- Place 2 bread slices on a clean, dry surface and sprinkle pepper on each slice.
- On one bread slice, place a portion of the stuffing and spread it evenly.
- Cover with another bread slice facing downwards and press it lightly.
- Pre-heat the griller and grill the sandwiches, using a little oil till golden brown in color from both the sides.