



Pan fried Paneer (OP I)

Serving: 1

Veg

Ingredients

- 150 grams Paneer
- Salt to taste
- 1 tsp red chilli powder
- 1 tsp garam masala
- 1/2 tsp turmeric
- 1/2 tsp coriander seeds
- Lemon juice 1 tbsp
- Chopped mint leaves 1 tbsp
- 1 tsp Oil

Preparation Method

- In a small bowl, mix dry masala together. Drizzle this spiced oil over the paneer and toss to coat with the spices. You may need to use your hands to rub the spices into the paneer.
- Heat a skillet with 1 tsp oil over medium heat. Add the paneer pieces and pan fry for about 3 to 4 minutes, until they are golden brown.
- Transfer the fried paneer to a plate.
- Sprinkle chopped mint leaves and lemon juice.
- Serve hot.