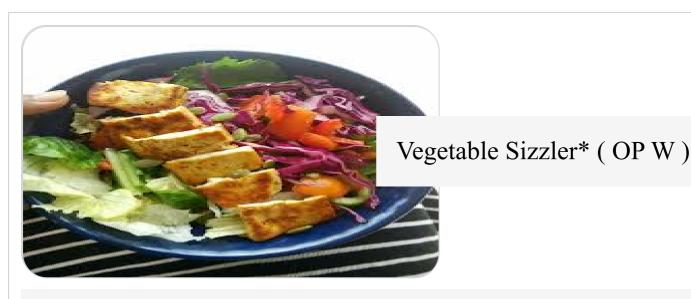


C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Veg

## Ingredients

- -cabbage -100 grams
- -cauliflower 4-5 florets
- -french beans 5 pieces
- -Paneer- 100 grams
- Cheese 2 tbsp
- -capsicum 1 small
- -oregano  $\frac{1}{2}$  tsp
- -Pepper powder  $\frac{1}{2}$  tsp
- -chilli flaxes  $\frac{1}{2}$  tsp
- -Paneer masala  $\frac{1}{2}$  tsp
- -Black olives 7 pieces
- -salt to taste
- Butter 1 tbsp

## Preparation Method

- 1) Cut vegetables into 1 inch piece each.
- 2) Take a vessel and put 2 glasses of water in it. on the vessel place sieve. Put the vegetables onto the sieve. ( cabbage, cauliflower, french beans) and steam them.
- 3) Take a pan . put  $\frac{1}{2}$  spoon butter , cut capsicum ans saute them.
- 4) Put the steamed vegetables, pitted olives and add all the spices.
- 5) take a sizzler plate, and put the vegetables, capsicum pitted olives (cut into round pieces). on one side of the plate.
- 6) on the other side cut paneer into 1 inch pieces, sprinkle paneer masala on it.
- 7) sprinkle salt on the all vegetables and little on paneer also
- 8) Add a <sup>1</sup>/<sub>2</sub> spoon of butter just before serving to bring the sizzle, smoke and aroma.