



Moong Paneer Soup (H)

Serving: 1

Veg

Ingredients

- Whole green grams-30 gms
- Paneer – 25 gms
- Oil $\frac{1}{2}$ tsp
- Salt-to taste
- Green Chillies,Chopped -5g
- Cumin Seed $\frac{1}{4}$ tsp
- Spring onions,chopped -5g
- Lemon juice – $\frac{1}{2}$ tsp
- Ginger, chopped

Preparation Method

- 1. Pressure cook moong along with two cup of water and salt.
- 2. Cool and grind to a smooth puree and stir to make a thin broth.
- 3. Heat oil,add cumin seed an when they begin to change colour add ginger and spring onion and saute on a medium heat for a min.
- 4. Mix green chillies and continue to saute for a minute Add the moong broth and bring to a boil.
- 5. Lower heat,add lemon juice,adjust seasoning and simmer,uncovered for 5 minutes.
- 6. Stir in the diced paneer and simmer for 1 minute.
- 7. Serve hot into individual serving.