



Whey Soup (HS)

Serving: 1

Veg

Ingredients

- -1/2 tsp oil
- -1/2 tsp cumin seeds (jeera)
- -1/2 slit green chillies
- -1 cup whey
- -salt and to taste
- - finely chopped coriander (dhania)
- 50 grams paneer , cubes small

Preparation Method

- **Method :**
- -Heat the oil in a deep non-stick pan and add the cumin seeds.
- -When the seeds crackle, add the green chillies, whey, salt and pepper, mix well and bring to boil.
- -Add the paneer and coriander, mix well and simmer for 30 seconds.
- -Serve hot.
- **-Handy Tip:**
- -1/2 ltrs of milk gives 1 cup of whey.