**Grilled Paneer Sandwich**

Prep time: 5 min Cook time: 5 min

**Ingredients:**

* 1 cup paneer, grated
* 2 tbsp carrot, grated
* 2 tbsp red & yellow bell peppers, finely chopped
* 1 tbsp coriander, finely chopped
* ¼ tsp red chili powder
* ¼ tsp cumin powder
* ¼ tsp salt (low sodium)
* 2 tbsp tomato sauce
* 4 slices 100% whole wheat or sourdough bread
* 2 tsp green chutney or thick curd (as per taste)

**Instructions:**

* 1. In a large mixing bowl, combine grated paneer, grated carrot, chopped bell peppers, and coriander.
  2. Add red chili powder, cumin powder, salt, and tomato sauce. Mix well to form a flavorful stuffing.
  3. Spread green chutney or thick curd on one side of a bread slice.
  4. Add 2 tbsp of the prepared stuffing evenly over the bread.
  5. Cover with another bread slice to form a sandwich.
  6. Grill for 2–3 minutes or until the bread is golden brown and crisp.
  7. Remove from the grill, cut in half, and serve hot.