**Paneer Cutlet**

Prep time: 20 min Cook time: 20 min

**Ingredients:**

* 150 gms paneer, crumbled
* ¼ cup boiled chickpeas
* ¼ cup breadcrumbs (plus extra for coating, if desired)
* 2 tbsp boiled peas
* 2 tbsp coriander leaves, chopped
* ¼ tsp red chili powder (adjust to taste)
* 1 tsp lemon juice
* Low sodium salt, to taste
* 2 tbsp oil (extra light olive oil or your preferred cooking oil)

**Instructions:**

**Prepare the Mixture:**

1. In a mixing bowl, mash the boiled chickpeas until smooth.
2. Add the crumbled paneer, boiled peas, breadcrumbs, red chili powder, salt, lemon juice, and chopped coriander leaves.
3. Mix all the ingredients thoroughly until well combined.

**Shape the Cutlets:**

1. Divide the mixture into equal portions and shape them into cutlets or patties. If desired, you can roll them in additional breadcrumbs for a crispier texture.

**Cook & Serve:**

1. Heat a tawa (griddle) or frying pan over medium heat.
2. Place the cutlets on the tawa and add a few drops of oil beneath each cutlet.
3. Cook evenly on both sides until they are golden brown and crisp, about 3-4 minutes per side. You can add more oil as needed while cooking.
4. Once cooked, remove the cutlets from the tawa and serve hot with mint chutney or ketchup.