



Malai Paneer T

Cooking Time _____

On2Cook: 3:00 mins Normal Cooking: 15 mins

Accessories: Pan Non-Coated (Ss), Mp Mats Small

Ingredients _____

20 ml Oil Brush

INDUCTION

MICROWAVE

Step 1

0:00 secs

1 number Small Non Stick Mat

I 0

M 0

Step 2

1:00 min

Marinated Paneer

I 40

M 100

Step 3

0:30 secs

Paneer Turnover

I 40

M 100

Step 4

0:30 secs

Turn Paneer/ Oil Brush

I 50

M 0

Step 5

0:30 secs

Turn Over Paneer

I 50

M 100

Step 6

0:30 secs

Turn Paneer / Oil Brush

I 50

M 100

1

2

3

4

5

6

✓

Total Output:
350 G