

Spiced Pan-Fried Paneer

Yield: 3 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-paneer-fry-recipe>

Ingredients:

- 8 ounces paneer packaged
- 2 1/2 tablespoons olive oil divided
- 1/4 teaspoon turmeric
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 3/4 teaspoon salt
- paprika
- chopped chives
- flaky sea salt

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 3 grams
3. Fat: 12 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 850 milligrams
8. Sugar: 1 grams

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