

# Paneer Kathi Roll (Paneer Frankie)

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/pan-roll-recipe-indian>

## Ingredients:

- 2 tablespoons plain yogurt or 1 tablespoon greek plain yogurt
- 2 teaspoons minced ginger ½-inch piece
- 2 teaspoons minced garlic
- 2 cloves
- 1 teaspoon salt
- ¼ teaspoon turmeric
- 1 teaspoon Kashmiri red chili powder or paprika for mild
- 2 teaspoons Garam Masala
- 1 tablespoon kasoori methi
- 1 tablespoon fresh lime juice ½ lime
- 16 ounces paneer cut into bite sized pieces, about 2 cups
- 2 tablespoons olive oil
- 1 cup bell pepper red and green thinly sliced, ½ red + ½ green
- 1 medium onion red or white- thinly sliced, 1 cup
- ½ small red onion thinly sliced
- 1 teaspoon lime juice
- ¼ teaspoon salt
- ½ teaspoon Kashmiri red chili powder or paprika
- 8 flour tortillas or Frozen Indian paratha see notes for suggestions
- ½ cup chutney green, Cilantro chutney or Mint Chutney
- ½ cup cilantro chopped
- 1 teaspoon chaat masala see notes for substitution
- 1 large egg whisked with seasoning
- ¼ teaspoon salt
- ¼ teaspoon red chili powder

## Nutrition:

1. Calories: 810 calories
2. Carbohydrate: 90 grams
3. Cholesterol: 140 milligrams
4. Fat: 42 grams
5. Fiber: 6 grams
6. Protein: 21 grams
7. SaturatedFat: 18 grams
8. Sodium: 1900 milligrams
9. Sugar: 28 grams

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