

Paneer Chilly (Indo-Chinese Cottage Cheese)

Yield: 2 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-schezwan-paneer-recipe>

Ingredients:

- 250 grams paneer Cottage Cheese
- 1 capsicum large Green
- 1 inch ginger piece of
- 1 whole garlic bulb of
- 1 onion large
- 1/3 cup tomato ketchup preferably the Spicy variety
- 3 tablespoons all purpose flour Maida
- 2 tablespoons corn flour
- 1 teaspoon turmeric Haldi Powder
- 1 teaspoon chilli powder or to taste
- salt to taste
- 6 tablespoons vegetable oil
- 4 tablespoons soya sauce
- 4 tablespoons hoisin sauce or Oyster Sauce; or Red Chilli Sauce & Green Chilli Sauce as per taste

Nutrition:

1. Calories: 1010 calories
2. Carbohydrate: 76 grams
3. Cholesterol: 95 milligrams
4. Fat: 72 grams
5. Fiber: 6 grams
6. Protein: 22 grams
7. SaturatedFat: 20 grams
8. Sodium: 3590 milligrams
9. Sugar: 26 grams
10. TransFat: 1 grams

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