

Chilli Paneer Dry

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/pepper-paneer-dry-veg-recipe-of-india>

Ingredients:

- 150 grams paneer Cubes
- 10 1/2 tablespoons maida
- 5 1/2 tablespoons corn flour
- 1/2 teaspoon pepper Powder
- 1/2 teaspoon salt
- water as needed
- 4 tablespoons oil for Shallow Frying
- 1 tablespoon oil
- 2 teaspoons finely chopped garlic
- 1 teaspoon chopped ginger Finely
- 2 green chilies
- 1/2 cup onion Square Cut
- 2 tablespoons green onions
- 1 tablespoon scallions White Part of
- 1/2 cup capsicum Square Cut
- 2 teaspoons soya sauce
- 5 1/2 tablespoons chilli sauce
- 1 tablespoon tomato sauce
- salt as Needed
- 2 pinches sugar
- 1/4 teaspoon pepper Powder
- 2 teaspoons corn flour + 1/2 cup of Water

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 30 milligrams
4. Fat: 27 grams
5. Fiber: 4 grams

6. Protein: 8 grams
 7. SaturatedFat: 6 grams
 8. Sodium: 1100 milligrams
 9. Sugar: 7 grams
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