

Recipe

Chilly Paneer

By

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Ingredients

- Cottage cheese (paneer) - 200 gms
- Cornstarch - 4 tbsp
- Oil - 2 tbsp to deep fry
- Green chilies - 3-4
- Capsicum - 1 large sized
- Vegetable stock - ½ cup
- Salt - To taste
- White pepper powder - ½ tsp
- Soy sauce - 2 tbsp
- Chili sauce - 1 tbsp
- Ajinomoto - ¼ tsp

Preparation

1. Cut paneer into diamond shaped medium sized pieces.
2. Heat sufficient oil in a Pan; roll paneer pieces in cornstarch and deep fry on medium heat until the edges start to turn brown.
3. Drain onto an absorbent paper and keep aside
4. Blend remaining cornstarch (nearly one table spoon) in a quarter cup of water and keep aside.
5. Remove stems, wash and slice green chilies.
6. Wash remove seeds and cut capsicum into thick strips.
7. Heat two tablespoons of oil in a Pan, stir-fry for a minute.
8. Add green chilies, and capsicum. Sauté for two to three minutes.
9. Add fried paneer and stir in vegetable stock.
10. Add salt, white pepper powder, soya sauce, Ajinomoto and stir well.
11. Stir in blended cornstarch and cook on high heat, stirring and tossing till sauce thickens to coat the paneer and the vegetables. Serve immediately.

Serves

4 Persons

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