

Recipe Name: Grilled Paneer Salad.
Diet Type: Vegetarian
Course:
Cuisine: Indian
Quantity: 1 bowl per Portion



Description

Ingredients

Salad ingredients

1 green bell pepper large , very thinly sliced 1 small 3 onion shallots or , finely sliced 2 carrots small , peeled and thinly shaved 2 plums , thinly sliced 200 grams paneer , sliced thickly into long pieces 8

Marinade for paneer

1 tsp ginger finely grated 3 tbsps soy sauce 3 tbsps rice wine vinegar 1 tbsp sesame seeds 1 tbsp honey 1/2 tsp black pepper freshly ground pinch chilli chilli sauce flakes or as per taste pinch salt (if needed, as soy sauce has lots of) 2 - 3 lemongrass leaves , crushed 2 tbsps vegetable oil 2 tbsps olive oil 3 tbsps soy sauce 3 tbsps rice wine vinegar 2 tbsps honey chilli flakes 1/2 tsp ginger grated 1 clove garlic finely grated , 2 tbsps coriander finely chopped black pepper freshly ground

Method

Prepared the salad greens as explained above- baby leaves left whole bigger leaves chopped into bite size.

Soak the edible flowers in cold water, drain and dry on towels. I also used rocket pods.

Toss all the paneer marination ingredients in a large bowl and gently toss the paneer slices in this. Keep covered for 15-30 mins.

Add all the ingredients for salad marination to a jam jar and shake well until you get an evenly mixed dressing.

Grilling the paneer - Heat a stove top grill pan / grill / tava. Once the pan is very hot, brush some oil and place the marinated paneer slices (after removing the lemon grass stalks from marinade) in a single layer, press gently with a spatula and do not disturb for 1 minute or so, until the grill marks appear. Turn and grill other side similarly. Remove from the grill pan and keep aside.

To assemble salad: Place the prepared salad greens in a large bowl. Scatter the bell pepper, carrots, plums



over the leaves. Pour 3/4th of the dressing and toss gently. Arrange this on a platter. Place the grilled paneer and top with edible flowers. Pour any remaining dressing marinade over the top.

Ingredients

Ingredient	Quantity
• Paneer cubes	100g
• Lettuce	1 cup
• Olive oil	1 tbsp

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
280	18.5	12.3	15	3.5	4.2