DietCloud – Recipe

Recipe Name: Paneer Frankie Recipe - Delicious Kid Friendly Snack

Diet Type: Vegetarian

Course: Snack

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 4 Whole Wheat Tawa Paratha - made into round large sizes for rolls • 4 Lettuce leaves • 200 grams Paneer (Homemade Cottage Cheese) - cut into strips • 1 Red Bell pepper (Capsicum) - thinly sliced • 1 Onion - thinly sliced • 4 tablespoons Del Monte Tandoori Mayo	4

Preparation

• To begin making the Healthy Paneer Frankie (Rolls) Recipe prep all the ingredients and keep them ready.

• Heat oil in a saucepan over medium heat; add the red capsicum and onion and roast them well till it soft and tender.
• Once the capsicum and onion are tender, add the cut paneer pieces, the Del Monte Tandoori Mayo and toss until well coated.
• Avoid over cooking the paneer at this stage as it can make the paneer rubbery.
• Spread the aluminium foil on the flat surface and place the tawa paratha over it.
• Next, place the lettuce evenly over the paratha, add spoon two tablespoons of the paneer filling over one side of the frankie.
• Roll the paneer frankie tightly till the other end.
• Fold the ends of the paneer frankie to pack it tightly in the aluminum foil on all sides.
• This is a great way to carry a frankie to picnics or a party.
• All you have to do later is to warm it in the oven at 200 C for 5 minutes and then cut it in the center and serve.

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)