

**Recipe Name:** Paneer Capsicum Sandwich Recipe  
**Diet Type:** Vegetarian  
**Course:** World Breakfast  
**Cuisine:** Continental  
**Quantity:**



## Ingredients

| Ingredient                                            | Quantity |
|-------------------------------------------------------|----------|
| • 8 Whole Wheat Brown Bread                           | 4        |
| • 200 grams Paneer (Homemade Cottage Cheese) - grated |          |
| • 1 Green Bell Pepper (Capsicum) - finely chopped     |          |
| • 1 Green Chilli - finely chopped                     |          |
| • 1 teaspoon Chaat Masala Powder                      |          |
| • 1/2 teaspoon Black pepper powder                    |          |
| • 2 tablespoons Butter                                |          |
| • Salt - to taste                                     |          |

## Preparation

- To begin making the Paneer Capsicum Sandwich Recipe, grate the paneer using a handy grater and place it in a big bowl.
- To this add the finely chopped capsicum, green chilli, chaat masala, pepper powder, salt and mix well.
- Now place a small portion of this m.

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|-----------------|-------------|-----------|---------|-----------|-----------|
| 420             | 25          | 35        | 20      | 4         | 6         |