

Recipe Name: Kunafa With Mango Cottage Cheese Cream Recipe

Diet Type:

Course: Dessert

Cuisine: Arab

Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Kataifi dough - ready made	4
• 200 grams Butter	
• 2 tablespoons Sugar	
• 1 tablespoon Rose water	
• 2-1/2 cups Sugar	
• 1-1/2 cups Water	
• 1 teaspoon Lemon juice	
• 1 teaspoon Rose water	
• Saffron strands - few	
• 1 cup Paneer (Homemade Cottage Cheese)	
• 1/2 cup Mango Pulp (Puree)	
• 1/2 cup Icing Sugar	
• 2 teaspoons Thandai Masala	
• 50 grams Heavy whipping cream	
• 1/2 cup Fresh cream	
• 2 tablespoons Pistachios - crushed	
• 2 tablespoons Dried rose petals	

Preparation

- Make sugar syrup by boiling water and sugar.
- When the sugar has dissolved, boil for 3 to 4 minutes and switch off the flame and add lemon juice.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	20	55	20	2	35