

Recipe Name: Matar Besan and Paneer Cheela Recipe -
Matar Besan and Paneer Cheela Recipe

Diet Type: Vegetarian

Course: North Indian Breakfast

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup green peas - boil	4
• 1 cup gram flour	
• 1/2 cup cheese - tighten	
• 1 tsp ginger - chopped	
• 2 green chillies - finely chopped	
• 1/2 tsp turmeric powder	
• 1/2 tsp Cumin powder	
• 1/2 teaspoon salt	
• 2 oil - as per use	

Preparation

- To make the pea gram flour and paneer cheela recipe, firstly mix green peas, green chillies, ginger, some water in a mixer grinder and make a paste.
- Now pour this paste in a bowl.
- Add gram flour, cheese, turmeric powder, cumin powder, salt, some water and.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
320	22	25	15	4	5