

Recipe Name: Grilled Paneer Pineapple Sandwich Recipe
Diet Type: Vegetarian
Course: Snack
Cuisine: Continental
Quantity: 1 sandwich



Ingredients

Ingredient	Quantity
• 4 Whole Wheat Brown Bread	2
• Butter - as required	
• 2 tablespoons Britannia Cheese Spread - Four Pepper Tango	
• 1/4 teaspoon Red Chilli flakes	
• 4 Pineapple - slices	
• 50 grams Paneer (Homemade Cottage Cheese) - finely chopped	
• 1/2 Green Bell Pepper (Capsicum) - finely chopped	
• Salt - to taste	
• Cheese - as required to spread over the bread	

Preparation

- To begin making the Grilled Paneer Pineapple Sandwich Recipe, in a small mixing bowl, combine all the ingredients for the filling including four pepper tango cheese, red chilli flakes, pineapple, paneer, green bell pepper, salt and stir well.
- Check the salt and cheese and adjust to suit your taste.
- Note: It's important to use cooked pineapple or canned pineapple to get the best taste for this sandwich.
- To cook the pineapple, you can use a pressure cooker and cook it along with some sugar, water and pinch of salt for a few whistles and turn off the heat.
- The next is to fill it into whole wheat bread slices and grill them.
- Place the bread slices on a working surface.
- Spoon a large tablespoon of the filling onto a slice of bread and spread it evenly.
- Spread the four pepper cheese spread on the other slice.



- Apply butter on the slice that is facing the top and grill till light brown and crisp on both sides.
- Done done, remove from the grill and serve.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	18	40	15	4	6

