DietCloud – Recipe

Recipe Name: PANNER MUSHROOM CAPSICUM STIR FRY

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

This vibrant Paneer, Mushroom, and Capsicum Stir Fry is a quick and flavorful dish, featuring succulent cubes of paneer, earthy mushrooms, and crisp bell peppers in red, green, and yellow hues. Tossed with crunchy cashews and coated in a rich, savory sauce, it’s a wholesome and satisfying meal served hot, perfect as a main course or a substantial side.
[PROS]
- High in protein from paneer and cashews, supporting muscle health.
- Rich in vitamins A and C from bell peppers, boosting immunity and skin health.
- Good source of dietary fiber from vegetables, aiding digestion.
- Quick and relatively easy to prepare, ideal for busy weeknights.
[CONS]
- Can be high in sodium if regular soy sauce is used excessively.
- Paneer and cashews contribute to the dish's calorie and saturated fat content.
- Potential for allergens for individuals sensitive to soy or nuts.
[DIETITIAN REVIEW]
This stir-fry provides an excellent blend of macronutrients, offering quality protein and healthy fats alongside an abundant array of vitamins and fiber from the colorful vegetables. While generally wholesome, opting for reduced-sodium soy sauce and being mindful of portion sizes can help manage sodium and calorie intake. It's a flavorful and nutritious option for a balanced meal. Score: 8/10

Ingredients

Ingredient	Quantity
• Paneer	100g, cubed
• Mushrooms	100g, sliced
• Green Bell Pepper (Capsicum)	1/4 cup, diced
• Red Bell Pepper (Capsicum)	1/4 cup, diced
• Yellow Bell Pepper (Capsicum)	1/4 cup, diced
• Cashews	1 tbsp
• Ginger-Garlic Paste	1 tsp

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- Low-Sodium Soy Sauce 1.5 tbsp

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- Rice Vinegar 1 tsp

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- Cornstarch 1 tsp

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• Water	2 tbsp (for cornstarch slurry)

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- Sesame Oil 1 tbsp

- Black Pepper 1/4 tsp

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- Salt — to taste (use sparingly)

• Spring Onion Greens	1 tbsp, chopped (for garnish, optional)

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Preparation

- 1.
- Heat sesame oil in a wok or large non-stick pan over medium-high heat.
- 2.
- Add ginger-garlic paste and sauté for 30 seconds until fragrant.
- 3.
- Add cubed paneer and cashews to the pan.
- Stir-fry for 2-3 minutes until paneer is lightly golden and cashews are slightly toasted.
- Remove from pan and set aside.
- 4.
- In the same pan, add sliced mushrooms and all diced bell peppers.
- Stir-fry for 3-4 minutes until vegetables are tender-crisp.
- 5.
- Return the stir-fried paneer and cashews to the pan with the vegetables.
- 6.
- In a small bowl, whisk together soy sauce, rice vinegar, and black pepper.
- Pour this mixture over the ingredients in the pan and toss to coat.
- 7.
- In another small bowl, dissolve cornstarch in 2 tablespoons of water to create a slurry.
- Add the slurry to the pan, stirring constantly until the sauce thickens and coats all ingredients, about 1-2 minutes.
- 8.
- Taste and adjust salt if necessary, keeping in mind the soy sauce adds significant sodium.
- 9.
- Garnish with fresh chopped spring onion greens, if desired, and serve immediately.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	35	20	25	5	5