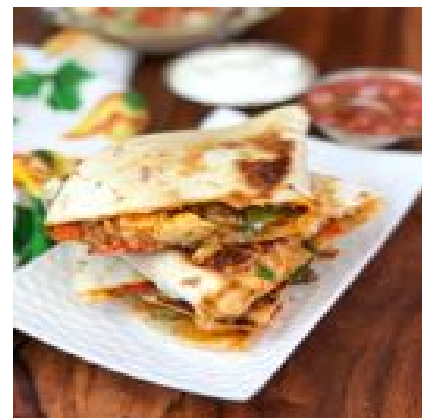


Recipe Name: Chilli Paneer Quesadilla Recipe
Diet Type: Vegetarian
Course: Appetizer
Cuisine: Fusion
Quantity:



Ingredients

Ingredient	Quantity
• 4 Tortillas	4
• 1/2 cup Cheese - grated	
• 4 tablespoons Butter - softened	
• 300 grams Paneer (Homemade Cottage Cheese) - cut into small cubes	
• 1/4 cup Green Bell Pepper (Capsicum) - chopped	
• 1/4 cup Spring Onion (Bulb & Greens) - chopped	
• 6 cloves Garlic - finely chopped	
• 2 inch Ginger - finely chopped	
• 2 Green Chillies - chopped	
• 1 tablespoon Corn flour	
• 1/2 tablespoon Soy sauce	
• 1 tablespoon Tomato Ketchup	
• 2 tablespoons Sweet and Spicy Red Chilli Sauce (Tomato Chilli Sauce)	
• 1 tablespoon Sunflower Oil	
• Salt - to taste	

Preparation

- To begin making the Chilli Paneer Quesadilla Recipe, we will first make the filling for this quesadillas.
- in a mixing bowl.
- To this stir in the soya sauce, ketchup, chilli sauce and salt and mix well.
- Add in the capsicum on medium heat.



- At this stage, add the paneer cubes, turn the heat to high and continue to cook for a few minutes until well combined with the sauce.
- Check the salt to taste and adjust accordingly.
- Garnish with spring onion leaves, transfer to a bowl and set aside to cool.

- Once done, remove from the pan, place it on a cutting board and cut the quesadillas into 3 quarters/ triangles and serve hot.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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