

# Chili Paneer

Submitted by Lubana Shahin



*Paneer is Indian cottage cheese which is made by curdling whole milk by adding some acid (Lime, vinegar etc.). It is kept overnight to settle and drain the excess whey from it.*

**Ingredients (For four people):** Paneer, 1 pound Red bell pepper, Half Green bell pepper, Half Red onions, Half (big size) Jalapeno, One Soy sauce, 4 Teaspoons Tomato Ketchup, One tablespoon Green chili sauce, One teaspoon White or Apple cider vinegar, 1 teaspoon Sesame seeds, 2 teaspoons Olive oil/Refined oil One tablespoon Salt to taste. *\*You can add as many colors of bell peppers as you like, and you can also add sweet and sour sauce if you like.*

**Directions:** 1. Cut paneer into cubes. 2. Chop all the vegetables into juliennes (French cut). 3. Heat the pan and add the oil in that. 4. Add onions and sauté for about one minute (do not overcook), don't soften them completely. 5. Add all the bell peppers and jalapeno and mix them well. 6. Add salt, add half of what is needed because we will add soy sauce. 7. Add all the sauces and give it a good mix. 8. Cook the vegetables for about two minutes (half-cooked). 9. Add the master ingredient now that is Paneer and mix well. 10. Sprinkle the sesame seeds over it and mix well. 11. Serve it when hot

**Notes:** Chili Paneer could be eaten by itself or with rice, or multigrain/Italian bread etc. It is vegetarian but not suitable for Vegan people, however, vegan people can always replace Paneer by Tofu and follow the same steps. I personally like this recipe because it is extremely easy to cook, and it is super delicious as well as a healthy version of the traditional chili Paneer. In traditional chili Paneer, the paneer is coated with plain flour and deep fried before adding to the recipe. I like to keep it healthy. Also, to be honest, it tastes better to me than the traditional recipe. It is my go-to evening snack/dinner. Paneer is rich in protein and vitamin D. People who get bored by eggs, paneer could be a good replacement of eggs for them. Not to forget, the goodness of bell peppers in it which are full of vitamin C. So, it is a win-win situation where you are getting your protein as well as loads of vitamin C and what not from the bell peppers.