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# PANEER RECIPES

a compilation of veg keto  
recipes

BY SAHIL PRUTHI  
+91-9711852152



# PANEER TIKKA

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- Marinate 300g paneer cubes, 1/2 diced onion, 1 capsicum with 4tbsp hung curd, 1/2 tsp turmeric, 1/2 tsp carom seeds, 1/2 tsp black pepper powder, 1 tsp cumin powder, 1 tsp chat masala, 1 tsp garam masala, 1tsp ginger- garlic paste, 1 tsp salt for 1 hour.
- Arrange paneer and vegetables on a skewer/ toothpick
- Brush ghee/ butter on a non-stick pan, cook from all sides. Else, bake it for 15 mins at 240 c

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# MALAI PANEER TIKKA

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- For marination: Add 3 tbsp malai/ amul cream, 1 small green chilli, 1/2 tsp ginger garlic paste, 1 tbsp chopped coriander, 1 tsp cumin powder, 1 tsp garam masala, 1/2 tsp kasuri methi, 3 crushed cardamom pods, salt to taste, 1/4 tsp black pepper powder and mix well.

- Add the paneer pieces and marinate gently. Cover the bowl, and let it rest for an hour.

- Skewer the paneer pieces with 1 capsicum and 1/4 onion. Cook from both sides on a non stick pan. Brush with ghee/ butter.

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**+91-9711852152**



# CHILLI PANEER

- Take 2 tbsp olive oil in a wok. Add 250g of cubed paneer, fry till it is golden brown and keep it aside.
- To the same wok, add 5g ginger, 5g chopped garlic, 50g diced onions, 100g capsicum and cook for 3-4 mins.
- Add 2 tsp soy sauce, 1 tsp vinegar, 1 tsp chilli sauce, salt to taste and a splash of water.
- Add in the paneer, cook for 3 mins.
- Garnish with 10g spring onions.



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+91-9711852152



# PANEER BHURJI

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- In a pan, add 2-3 tbsp ghee, 1/4 finely chopped onions, 1/2 chopped capsicum, salt to taste, 1/2 tsp haldi, 1/2 tsp red chilli powder, 1/2 tsp kasuri methi. Cook for 3 mins.
- Mash 100g paneer and add to the pan.
- Cook for 3 mins. Sprinkle chat masala and garnish with coriander.

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+91-9711852152

# FRIED PANEER



- Take 100g of paneer, cut them into small chunks.
- Pour 25g of Amul butter on a non stick pan, add the paneer and fry from all sides.
- Sprinkle oregano/ chat masala + lemon / peri peri masala
- Serve hot!

# PANEER SALAD

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- Chop 100g lettuce/ cabbage/ iceberg/romaine in a shredder or processor.
- Add 20g sliced capsicum, 10g tomatoes, 10g onions, 10g olives and 20g mushrooms.
- Add salt and pepper to taste.
- Add dressing of your choice. (Coriander dip/ ranch SF/ homemade tomato sauce/ SF mayo/ SF mustard)
- Add paneer chunks, sprinkle chat masala and mix well.

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# VEG SOUP

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- Finely chop 50g bell peppers, 5 mushrooms, 50g green beans, 50g broccoli/ cauliflower.
- Add the chopped vegetables in a cooker with 1 glass water. Cook until 1 whistle on high flame, and then low flame for 5 mins.
- In another pan, add 15g butter, 2 pods of finely chopped garlic, salt, black pepper and 1/2 tsp oregano and cook for 30 secs. Squeeze 1/4 lemon. Pour this tempering to the cooker.
- Add paneer cubes and cook for 2 mins.
- Enjoy!

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- Finely chop 50g bell peppers, 5 mushrooms, 50g green beans, 50g broccoli/ cauliflower.
- Add 20g butter in a non stick pan along with the chopped vegetables.
- Add 10 almonds and 5 walnuts to the pan and sauté for 5 mins.
- Add paneer cubes and sauté for 2 mins.
- Squeeze 1/2 lime, sprinkle salt and chat masala.

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# ENGLISH CHAT