

Chili Paneer



Makes:

8 servings

Utensil:

Saladmaster Food Processor
12" Electric Oil Core Skillet
large mixing bowl

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Recipe:

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2 green bell peppers, processed, use Cone #3
2 red bell peppers, processed, use Cone #3
1 onion, sliced, use Cone #4
4 green chilies, chopped
1 clove garlic, shredded, use Cone #1
1 tablespoon
ginger, shredded, use Cone #1
(6
g)
6 tablespoons
soy sauce
(90
mL)
7 ounces
fresh paneer
(200
g)
1 teaspoon
garam masala
(2
g)
chopped coriander

Directions:

1. Preheat skillet to 350°F/180°C.
2. In a large bowl, combine bell peppers, onions, chilies, garlic, and ginger. Add soy sauce, paneer, and garam masala. Mix thoroughly until paneer has been colored by the soy sauce. Let mixture sit for 5 minutes.
3. When several drops of water sprinkled on skillet skitter and dissipate, add mixture, cover and add a few drops of water on the cover to get vacuum seal.
4. When Vapo-Valve™ clicks, reduce temperature to 185°F/85°C and cook for 10 minutes.
5. Before serving, add chopped coriander for a true authentic

taste.

Tips:

- Try adding peas, sweet corn or any other vegetables you may like.

Nutritional Information per

▼ Serving

Calories: 115
Total Fat: 7g
Saturated Fat: 4g
Cholesterol: 17mg
Sodium: 683mg
Total 9g
Carbs:
Dietary Fiber: 2g
Sugar: 4g
Protein: 6g
