Breakfast, Indian

Besan Paneer Toast without Bread

A savoury gram flour batter loaded with capsicum, carrot, tomato, cabbage and spinach sets around a layer of grated paneer inside a sandwich toaster. Cooked straight on the flame, the toast turns golden and crisp outside with a soft centre.



Vegetarian | Low fat

33 min	247	32.7 g	7.7 g
time	calories	carbs	sugars

Ingredients, 3 servings

- [ ] 1 cup besan (gram flour)
- [ ] 1/2 cup finely chopped capsicum
- [ ] 1/2 cup grated carrot
- [ ] 1/2 cup shredded spinach (palak)
- [ ] 1/2 cup chopped tomato
- [ ] 1/2 cup shredded cabbage
- [ ] 3/4 cup grated paneer (cottage cheese)
- [ ] 1/2 tsp haldi powder (turmeric powder)
- [ ] 1 tsp red chilli powder ,optional
- [ ] 1/4 tsp asafoetida (hing)
- [ ] 1 tsp Eno fruit salt
- [ ] salt (namak) to taste, restricted salt for health
- [ ] 1 tsp oil for greasing
- [ ] about 1/2 cup water

Nutrition Facts

Per serving

Calories	**247**
Total fat	7.1 g
Saturated fat	Not listed
Sodium	Not listed
Total carbs	32.7 g
Fiber	Not listed
Total sugars	7.7 g
Protein	13.8 g

Method

- [ ] 1 Start by tipping the besan (gram flour) into a wide mixing bowl.
- [ ] 2 Fold in the finely chopped capsicum, grated carrot, chopped tomato, shredded cabbage and shredded spinach (palak).
- [ ] 3 Season the mixture with the red chilli powder, the haldi powder (turmeric powder), the asafoetida (hing) and salt (namak) to taste. The chilli powder is optional if you prefer a milder taste.
- [ ] 4 Give everything a thorough stir so the spices coat the vegetables evenly.
- [ ] 5 Drizzle in about 1/2 cup water and whisk until you have a smooth batter.
- [ ] 6 Sprinkle in the Eno fruit salt, add a splash of water, fold gently and set the batter aside.
- [ ] 7 Take the 1 tsp oil for greasing and rub it all over the sandwich toaster.
- [ ] 8 Ladle the besan batter into the greased toaster so it fills about halfway.
- [ ] 9 Scatter the grated paneer (cottage cheese) in an even layer over the wet batter.
- [ ] 10 Place one more layer of the besan batter on top of the paneer, taking care that none of it remains visible.
- [ ] 11 Shut the toaster lid and set it directly on the flame.
- [ ] 12 Let it toast for roughly 3 minutes on the first side, until the surface turns golden brown.
- [ ] 13 Turn the toaster over and give the other side 3 minutes as well, until it feels crisp.
- [ ] 14 Ease the toast out of the toaster, transfer it to a plate and slice it into two pieces.
- [ ] 15 Enjoy it hot alongside green chutney or curd (dahi).

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