Dinner, Indian

Sizzling Mushroom, Paneer and Capsicum Stir Fry

Tender mushrooms, sliced capsicum and cauliflower are tossed with soft paneer cubes, garlic and soy sauce, then finished with a sprinkle of spring onion greens.



Vegetarian | Nut free

26 min	82	8.5 g	3.5 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 cup sliced mushrooms (khumbh)
- [ ] 1 cup sliced capsicum (sliced red capsicum ,
- [ ] 1/2 cup low fat paneer (cottage cheese) cubes
- [ ] 2 tsp olive oil
- [ ] 1/4 cup chopped spring onions whites
- [ ] 1 1/2 tsp finely chopped garlic (lehsun)
- [ ] 3/4 cup blanched cauliflower
- [ ] salt (namak) to taste
- [ ] 1 tsp soy sauce
- [ ] freshly ground black pepper (kalimirch) to taste
- [ ] 2 tbsp finely chopped spring onion greens

Nutrition Facts

Per serving

Calories	82
Total fat	3.9 g
Saturated fat	Not listed
Sodium	Not listed
Total carbs	8.5 g
Fiber	Not listed
Total sugars	3.5 g
Protein	4.9 g

Method

- [ ] **1** Pour the olive oil into a broad nonstick pan set over a high flame, then toss in the spring onion whites together with the finely chopped garlic. Sauté them for exactly 1 minute.
- [ ] **2** Next, slide the sliced capsicum and the blanched cauliflower into the pan. Season with salt to taste, give everything a good mix, and keep the flame high for 2 to 3 minutes, stirring without pause.
- [ ] **3** Once the vegetables have picked up some color, add the sliced mushrooms along with the low fat paneer cubes. Splash in the soy sauce, grind the black pepper over the pan to taste, and combine everything well. Let the mixture cook on a medium flame for a further 2 minutes while you keep it moving.
- [ ] **4** Take the pan off the heat and plate the stir fry right away, scattering the finely chopped spring onion greens over the top as a garnish.

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