Breakfast, Indian

Spiced Paneer Open Toast on Multigrain Bread

Slices of multigrain bread are spread with butter, piled with a softly spiced paneer masala and topped with cucumber, tomato and capsicum. A scattering of grated paneer and dried mixed herbs finishes each toast before it is crisped on the tava.



Low fat

21 min	157	18.4 g	8.6 g
time	calories	carbs	sugars

Ingredients, 3 servings

- [ ] 3 multigrain bread slices
- [ ] 1 1/2 tsp unsalted butter
- [ ] 6 cucumber slices
- [ ] 6 tomato slices
- [ ] 3 capsicum rings
- [ ] 3 tsp grated paneer (cottage cheese)
- [ ] dried mixed herbs for sprinkling
- [ ] 1/2 tsp oil
- [ ] 1/4 tsp mustard seeds (rai / sarson)
- [ ] a few curry leaves (kadi patta)
- [ ] 1 tsp ginger-green chilli paste
- [ ] 1/4 tsp haldi powder (turmeric powder)
- [ ] 1/4 cup finely chopped onion
- [ ] 1/4 cup crumbled paneer (cottage cheese)
- [ ] 1 tbsp finely chopped coriander (dhania)
- [ ] salt (namak) as advised by doctor / dietitian

Nutrition Facts

Per serving

Calories	**157**
Total fat	7 g
Saturated fat	Not listed
Sodium	8 mg
Total carbs	18.4 g
Fiber	1.9 g
Total sugars	8.6 g
Protein	5 g

Method

- [ ] **1** Heat the oil in a nonstick kadhai, add the mustard seeds, curry leaves and ginger green chilli paste, and saute for a few seconds.
- [ ] **2** Add the finely chopped onion and saute for 2 minutes, then stir in the haldi powder (turmeric powder), crumbled paneer (cottage cheese), salt (namak) as advised by doctor / dietitian and finely chopped coriander (dhania), mixing well.
- [ ] **3** Divide the paneer mixture into 3 equal portions and keep aside.
- [ ] **4** Spread 1/2 tsp of unsalted butter evenly over a multigrain bread slice.
- [ ] **5** Spread one portion of the paneer mixture evenly over the buttered slice.
- [ ] **6** Arrange 2 cucumber slices, 2 tomato slices and 1 capsicum ring over the paneer mixture and press down lightly.
- [ ] **7** Top each prepared bread slice with 1 tsp of the grated paneer (cottage cheese), then sprinkle a little dried mixed herbs for sprinkling over the top.
- [ ] **8** Repeat the layering and topping to make 2 more toasts.
- [ ] **9** Place the bread slice on a hot nonstick tava, cover with a lid and toast on a slow flame for 5 to 8 minutes until crisp.
- [ ] **10** Cut each toast into 2 pieces and serve immediately.

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