



Bharwan Shimla Mirch Recipe (Diabetic Friendly)

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- Green Capsicum
- Teaspoons Oil
- 1/2 1/2 Teaspoon Cumin Seeds
- Teaspoons Garlic (Chopped)
- gms Besan (Gram Flour)
- gms Paneer
- gms Peas (Shelled)
- Green Chillies (Chopped)
- 1/2 1/2 Teaspoon Amchur Powder
- Pinch Salt (To Taste)
- Tablespoons Coriander Leaves (Chopped)

Instruction

1. Slice off the tops of the capsicum, remove the seeds, rinse in water and dry them.
2. Heat 2 tsp of oil in a karahi and add the cumin seeds. When they splutter add, garlic and sauté till raw smell goes. Add besan and saute for a minute. Add green chillies, peas and paneer. Stir fry for 4-5 minutes till the mixture is mixed well.
3. Add amchur powder, MAGGI Masala-ae-Magic and salt to taste. Mix well and then add coriander leaves and mix again.
4. Divide the mixture into four portions and stuff into the capsicum with a spoon. In a frying pan, heat the remaining oil and place the capsicum on a low flame and cove the pan.. Every 3-4 minute, turn the sides, cover and continue to cook. Also turn over onto the open filling side and cook till golden brown.
5. Serve hot.

Nutrition

Carbohydrates	31.41 g
Energy	300.29 kcal
Fats	10.95 g
Protein	16.3 g

51 Minutes

4 Servings