



## Bharwan Shimla Mirch Recipe (Diabetic Friendly)

### Ingredients

- 1 Sachet MAGGI Masala-ae-Magic
- 4 Green Capsicum
- 4 Teaspoons Oil
- 0.5 Teaspoon Cumin Seeds
- 2 Teaspoons Garlic (Finely Chopped)
- 75 gms Besan (Gram Flour)
- 160 gms Paneer (Mashed)
- 200 gms Peas (Blanched and roughly mashed)
- 2 Green Chillies
- 0.5 Teaspoon Amchur Powder
- 1 Pinch Salt (To Taste)
- 2 Tablespoons Coriander Leaves

### Zubereitung

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.

#### Nährewerte an

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

🕒 51 Minutes

⊕ 4 Servings