



## Paneer Tikka Sandwich Recipe (Diabetic Friendly)

### Ingredients

- Sachet MAGGI Masala-ae-Magic
- Cup Nestlé A+ Curd
- 1/2 1/2 Teaspoon Ginger-Garlic Paste
- Teaspoon Red Chilli Powder
- 1/2 1/2 Teaspoon Turmeric Powder
- Teaspoon Coriander Powder
- Teaspoons Oil
- gms Paneer (Grated)
- Shimla Mirch (green capsicum)
- Onion (Chopped)
- Tomato (Chopped)
- Tablespoons Tandoori Mayo
- Onion (Chopped)
- Slices Multi Grain Bread

### Instruction

1. Drain Nestle a+ dahi in a muslin cloth and leave aside for 30 min. In the prepared hung curd, add MAGGI Masala-ae-Magic, red chilli powder, turmeric powder, coriander powder, chaat masala, salt to taste and 1tbsp oil. Mix well
2. Add Paneer, capsicum, onion and tomato cubes. Mix gently till the vegetable and Paneer cubes are well coated with masala. Leave aside and let it marinate for 20-30 min.
3. Take a non-stick pan and heat the remaining oil. Spread the marinated mixture and let it cook on high flame till light brown. When one side gets browned, gently lift and turn over. Cook on other side as well. Once done, take it out in a bowl.
4. Take one slice of multigrain bread. Spread 1tsp of Tandoori mayo and place the paneer tikka filling on top. Top it with onion rings and cover with another slice of bread. Grill in sandwich toaster. Serve hot.

### Nutrition

Carbohydrates	41.78 g
Energy	389.64 kcal
Fats	14.09 g
Protein	19.74 g

33 Minutes

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