

## **TRUPTI PANEER RECIPE**

### **INGREDIENTS**

Trupti's Tandoori Masala  
Trupti's Chaat Masala  
Paneer (400 g.)  
Green Peppers  
Lemon Slaves  
Onions – either Red or White  
Olive Oil preferred to use a Virgin Cold Pressed Olive Oil for health benefits  
2 tablespoons of Yogurt (can use 2% and Greek delivers best results)

### **METHOD**

Cut the paneer into cubes. Cut up green peppers and onions into medium sized chunks.

Prepare marinade by mixing two teaspoons of Trupti's Tandoori Masala into 2 tablespoons of yoghurt.

Marinate the paneer and vegetables in the mixture for 3 hours either in fridge or on counter in a covered pan.

Heat 2 tablespoons of olive oil on the stovetop in a non-stick pan and add the paneer/vegetables with the marinade mix till all items cooked and slightly browned.

Once all of the paneer/vegetables have cooked take out into a plate and sprinkle with Trupti's Chaat Masala to taste and serve with lemon slices.

This recipe is usually a vegetarian substitute and can be prepared instead of the stovetop on a BBQ or grill.