

Broccoli Paneer Bhurji Sandwich

Makes 3 sandwiches

Broccoli paneer bhurji is a quick and healthy stir fry and sandwich filling made with broccoli, paneer/cottage cheese and spices.

Ingredients:

- 1 cup paneer cheese (or substitute with 1 cup of well-drained regular or 2% cottage cheese)
- 1 cup broccoli, finely chopped
- 1 medium onion, finely chopped
- 1 large tomato, finely chopped
- 1 green chilli, finely chopped
- 1 tsp. ginger garlic paste (or minced garlic)
- 1/2 tsp. cumin seeds (jeera)
- 1/4 tsp. turmeric powder
- 1/2 tsp. kashmiri red chilli powder (or any hot chili sauce)
- 1 tsp. garam masala (optional)
- salt to taste
- 1 Tbsp. cilantro leaves, chopped
- 1 Tbsp. lemon juice
- 1-1/2 Tbsp. oil
- 6 whole wheat bread slices



Directions:

1. Heat oil in a pan. Add the cumin (jeera) seeds and let them splutter.
2. Add the ginger-garlic paste and green chilies; sauté for a minute. Next, add the onions and sauté until they are soft and transparent.
3. Add the finely chopped tomatoes, salt, turmeric powder, coriander powder and garam masala; mix well. Cook until tomatoes are soft and mushy.
4. Add the chopped broccoli and cook covered for 1-2 minutes until tender.
5. Then add crumbled paneer (cottage cheese) and cook for 1-2 minutes.
6. Finally, add lemon juice and garnish with cilantro. Remove from heat.
7. Your broccoli paneer bhurji is ready.

Continued

For Broccoli Paneer Bhurji Sandwich:

1. Butter two bread slices. Spread 2 tablespoons of broccoli paneer bhurji mixture on unbuttered side. Cover with another slice of bread, buttered side up.
2. Spray a pan with non-stick spray and heat to medium; place sandwich in pan when hot.
3. Toast until sandwich becomes golden brown in color on both sides.
4. Serve your delicious broccoli paneer bhurji sandwich with ketchup.

Nutritional Facts for 1 sandwich

Calories: 336 • Fat: 13g • Sodium: 627mg

Carbohydrates: 40g • Protein: 16g

Source: reprinted with permission from www.indianveggiedelight.com



Workforce Health