INDIAN · BREAKFAST · LUNCH

Cheesy Paneer Bhurji (Spiced Scrambled Paneer)

15 min · Serves 3 · 406 kcal a serve · Video 5:49 · HK's Keto & Low Carb Recipes

Vegetarian · Gluten-free ingredients · No nuts listed

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Paneer and cheddar give 20 g protein a serve for about 6 g net carbs, with no eggs, and it is rich in calcium, vitamin B12 and vitamin A.

Diet notes: Keto (6.3 g net carbs a serve).

Ingredients 16 · SERVES 3

- [ ] 250 g **paneer**, grated or crumbled
- [ ] 1 tbsp **ghee** (or butter or oil)
- [ ] 1 tsp **cumin seeds**
- [ ] 30 g **onion**, chopped
- [ ] 5 g **ginger**, chopped
- [ ] 5 g **garlic**, chopped
- [ ] 1 **green chilli**, chopped
- [ ] 50 g **tomato**, chopped
- [ ] ½ tsp **turmeric**
- [ ] ½ tsp **Kashmiri red chilli powder**
- [ ] 1 tsp **coriander powder**
- [ ] **salt**, to taste
- [ ] 50 g **green capsicum** (bell pepper), chopped
- [ ] 50 g **cheddar**, grated
- [ ] **fresh coriander**, chopped
- [ ] 1 tbsp **butter**, to finish

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Grate or crumble the paneer (or cut it into small cubes if you like it chunky). 0:41
2. Heat the ghee in a pan and fry the cumin seeds, then add the onion and cook until it turns translucent. 0:54
3. Add the ginger, garlic and green chilli and fry briefly, then add the tomato with the turmeric, Kashmiri chilli powder, coriander powder and a little salt. 1:23
4. Add a splash of water, cover and cook 5–6 minutes until the tomato breaks down. 2:04
5. Stir in the capsicum and paneer, season with salt and cook a few minutes, keeping the capsicum crunchy. 2:12
6. Add the cheddar and cook 3–4 minutes until melted through, then finish with the coriander and the butter. 2:34

> **Tip** Any cheese works in place of the cheddar — mozzarella or feta too. Deseed the chilli for less heat. Use oil instead of ghee and butter if you prefer.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
406 kcal 1,700 kJ	20 g 41% of a day	7.6 g 6.3 g net · 4.5 g sugars 3% of a day

FIBRE	FAT	SODIUM
1.3 g 5% of a day	32 g 20 g saturated 41% of a day	510 mg 22% of a day

Energy from net carbs 6% · protein 20% · fat 74% — fits keto: 6.3 g net carbs, 74% of the energy from fat

High in (20%+ of a day) Calcium 42% · Vitamin B12 41% · Vitamin A 34% · Selenium 23% · Zinc 22% · Vitamin C 22%

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=Iq8R_XVJyHs, published 10 May 2017. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cheesy-keto-paneer-bhurji