

PARAM PANEER FRITTERS

Perfect served as an appetizer or a light lunch option!



PERFECT
FOR
SHARING!

FRITTERS

1 pack 200g Paneer, roughly chopped or crumbled

Small tin of sweetcorn (drained)

1 red pepper, thinly sliced

1 bunch of spring onions, thinly sliced

1 large egg, beaten

Approx. 1-2 heaped tbsp plain flour

Seasoning – salt, pepper, curry powder, herbs or chilli

Olive oil

DIP

Mayonnaise

Curry powder

A pot of mango chutney

METHOD

Add to a bowl the mayonnaise and curry powder, season to taste and set aside for serving.

Add to a separate bowl the Paneer, sweetcorn, red pepper, spring onions, seasoning and the egg, mix well. Then add flour and mix again.

Heat a pan over a medium heat, add a glug of olive oil for shallow frying.

Once hot, take two table spoons of the Paneer fritter mixture and drop into the pan. Fry until golden and turn over. Approx. 3 minutes each side.

Once golden on all sides, remove from the pan and pat dry with kitchen towel (to absorb excess oil).

Place onto a sharing plate with mango chutney and the curry mayo you made earlier – dip and enjoy!

PARAM

paneer



VERSATILE COOKING CHEESE ROOTED
IN INDIAN CUISINE

Nordexfood.com



SUITABLE FOR
VEGETARIAN COOKING

ABSORBS FLAVOURS WELL

ADDS PROTEIN TO MOST DISHES

GOOD IN THE PAN AND IN SIMMERING DISHES, BURGERS AND SANDWICHES

CAN BE BREADED, MELTED IN A SAUCE OR FRIED

CAN BE PREPARED STRAIGHT FROM THE FRIDGE

GENERAL INFORMATION

Net weight	200g/900g
Shelf life from manufacture (days)	180
Shelf life from delivery (days)	150
Storage temperature	2-5 °C

INGREDIENTS

Pasteurised cow's milk, salt, microbial lab.

ALLERGENS

Milk, lactose

NUTRITIONAL VALUES PER 100G:

Energy	998 kJ (240 kcal)
Fat	18g
- of which saturated	12g
Carbohydrates	2,5g
- of which saturated fatty acids	2,5g
Protein	17g
Salt	1,0g

UNIT DETAILS

Gross weight (g)	5660
Net weight 200g	5400

CASE DETAILS

Units in one case	6
Sales Unit	case

PALLET DETAILS

Cases in one EUR pallet	84
Cases in one pallet layer	12
Layers in one pallet	7



Cheese Type	Paneer
Packaging	Film
Shape	Block

AVAILABLE IN
**900 AND
200 GRAM
PACKS**

