



**A SUCKER
FOR FLAVOUR!**

Param

PANEER

COOK IT YOUR WAY

PARAM PANEER UNLOCKS ENDLESS POSSIBILITIES

It's time to rethink what paneer can do. From spontaneous snacks to show-stopping mains: breakfast, lunch, dinner. Crumble it, fry it, toss it in a salad, wrap it, snack on it—every day, however you like it.

Param Paneer is a dairy protein, limited only by your imagination dares. Any flavour, any meal, any style. You decide.

The ultimate feel-good fusion

Feeling great shouldn't mean compromise. Whether it's value for money, hitting your protein goals, or creating flavour explosions, Param Paneer has you covered.

Param Paneer rocks! Why?

Because Param Paneer is

- A high-protein cooking cheese.
- A flavour sponge with a mild, soft and seriously good texture.
- Our go-to vegetarian swap for meat.
- Crazy versatile. Any occasion, any meal.
- A feel-good choice for everyday eats and cheat-day vibes.

IN SHORT

Param Paneer is the perfect blank canvas for your culinary creations!



Param Paneer is available in 200 g and 900 g packs at leading supermarkets across Europe.

param

PANEER

THE PROTEIN-PACKED COOKING CHEESE

LET'S TALK TRENDS – PARAM PANEER FOR THE MODERN FOOD EXPLORER

Param Paneer is the go-to choice for today's food adventurers — people who won't compromise on flavour, health, or sustainability. They crave bold, tasty alternatives to meat, love to experiment, and enjoy discovering new flavours from around the world.

Packed with protein, Param Paneer is a playground for culinary creativity, giving you the freedom to create meals your way.

Perfect for modern lifestyles.



HIGH IN PROTEIN

DID YOU KNOW?

- Paneer is higher in protein than tofu and yogurt.
- Paneer's neutral flavor lets you shape dishes with your own seasonings.
- Paneer is suitable for frying, baking, grilling, cubing.



PARAM PANEER FLATBREADS

Perfect vegetarian everyday meals,
ready to adapt to your taste.
Your way. Your flavour. Your magic.



INGREDIENTS

- 200 g Param Paneer
- 2 flatbreads
- 2 tbsp curry paste
- 4 tbsp mint raita
- 1/4 cucumber
- 1/8 red cabbage
- 1/2 red onion
- 1 small carrot
- 1 red chilli
- Handful pomegranate seeds
- Small handful of mint and coriander

METHOD

- 1** Cube the Param Paneer into small cubes and add to a bowl along with 2 tablespoons of your choice of curry paste. Leave to marinate for at least 30 minutes.
- 2** Slice the red onion and red cabbage, then cut the cucumber and carrot into matchsticks. Slice the chilli and set aside.
- 3** Grill, fry or BBQ the paneer until golden on all sides, turning often.
- 4** Toast or warm the flatbreads and place on a serving plate.
- 5** Load up your vegetables, then top with the paneer cubes.
- 6** Finish with a generous drizzle of raita, sliced chilli, pomegranate seeds and some chopped mint and coriander.

**NO RULES
JUST MAGIC!**



Let's talk!

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