



Paneer Wraps



Serving

8 to 10 wraps



Prep

30 Minutes



Contributer

Anisha Mahajan PhD (c), MPH, RD, CDE

1 block *Paneer* (Indian cottage cheese)
3 cups Kale or Spinach (used frozen)
3 tbsp Olive oil
3 tbsp Red onion, cut up
1 tbsp Garlic, minced
½ tbsp Ginger, puréed
1 tsp Cumin powder
1 tsp Coriander powder
¼ tsp Salt or to taste
Individual Whole wheat tortilla wraps

1. Add block *paneer* into a pot $\frac{3}{4}$ full of water. Put this onto medium heat on the stove and bring this to a boil. This is done to soften the *paneer*. Take the *paneer* out and using a potato masher, crush the softened *paneer*.
2. In a separate pot, over medium to high heat, add in olive oil, cut-up onion, garlic, ginger, coriander powder, cumin powder. Stir fry these all together 5–6 minutes.
3. Microwave 300g of kale or spinach for 3 minutes. Add this to the pot in Step 2.
4. Add the mashed *paneer* into the pot with the kale and spice mixture and cook for 5–10 minutes until the *paneer* is slightly brown. Set aside to cool as this will now be the filling for the wraps.
5. Take the tortilla wraps and fill these with *paneer*/kale made in Step 4. Grill these for 4 minutes or until lightly toasted.

Serve warm.

Variation

For this recipe, you can use other spices including paprika, tumeric and hot peppers to make this spicy to taste. You can use any kind of vegetables or different kinds/size of the tortilla wraps.



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