



WELLNESS ROOTS

By Kavita Sabhnani



Herb Soft Paneer

Ingredients

• Tond milk	1 liter
• Curd	2 tbsp
• Lemon juice	1 tbsp
• Salt	1/2 tsp
• Chopped coriander	1 tbsp
• Oregano	1/2
• Roasted cumin powder	1 tsp
• Black pepper	1/4
• Chilli flakes	1/4
• Chaat masala	1/2 tsp.
• Water	1/4 cup

Preparation

1. Start boiling the milk and add all the spices and herbs in it.
2. Add lemon juice in 1/2 cup water.
3. As the milk starts boiling, add some lemon water to it and stir it with a spoon.
4. Strain the curdled milk through a muslin cloth to separate the solid curds from the liquid whey.
5. Now we will hang them for 1 hour by tying a knot in the clothes.
6. Keep it in the plate and place it under heavy weight for 30 minutes.
7. Store it in the refrigerator for 2- 4 hours, and then cut it in cubes and serve.
8. If you want, you can add bell peppers to this.

