

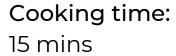








Capsicum with paneer filling



Serves: 2 capsicum







Expert comments:

 As capsicum is a low potassium and low phosphate vegetable and this variation gives a scope to add a delicious and yummy filling, so this recipe is a perfect one for lunch



Additional tip:

 Bell peppers too are moderate in potassium and hence can be used as an alternate to green capsicum



Nutritional information/ serving:

