



INGREDIENTS

- (6) 5"x5" Squares Frozen Puff Pastry (2.2 ounces each; enriched or whole grain rich; thawed)
- 1 Egg White (to brush for glaze)
- 1 Teaspoon Nigella seeds (Kalonji; optional)
- 1½ Cups Paneer or Cottage Cheese (mashed or cubed)
- 1 Tablespoon Ghee or Oil
- ½ Teaspoon Cumin Seeds (Jeera)
- ½ Cup Onion (diced)
- 1 Cup Tomato (diced)
- ½ Teaspoon Salt (adjust to taste)
- ¼ Teaspoon Ground Turmeric (Haldi powder)
- ½ Teaspoon Cayenne or Red Chili Powder (adjust to taste)
- ½ Teaspoon Garam Masala (adjust to taste)

DIRECTIONS

1. Remove the frozen puff pastry sheets from the freezer and let them thaw while you prepare the filling.
2. Heat oil in a pan and add cumin seeds to it. When the seeds start to change color in about 30 seconds, add the diced onions. Cook the onions for 3-4 minutes stirring frequently until they start to turn golden brown.
3. Add the chopped tomatoes. Cook them for 3-4 minutes, until they form a thick mixture with the onions.
4. Add the salt, turmeric, red chili powder and garam masala. Mix well.
5. Add the paneer and mix with the onion tomato masala. Cook for 3 minutes until the paneer becomes soft.
6. Preheat oven to 400°.
7. Spread the puff pastry squares on a parchment-lined baking sheet. Place the filling at the center of the puff pastry square. Make sure the paneer filling is at room temperature when filling in the puff pastry.
8. Gently fold it and pinch to the other side to make a triangle. All the edges should be closed. Use a fork to seal the edges well.
9. Beat the egg white. Brush the egg whites on the top side of the stuffed puff pastry. Sprinkle some nigella seeds.
10. Bake for 12-15 minutes until the paneer puff's are golden browned.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

-  Snack

YIELD

6 Turnovers

PORTION SIZES

- Toddler:** ½ Turnover
- Preschool:** ½ Turnover
- School Age:** 1 Turnover
- Adult:** 1 Turnover