



Broccoli Paneer Methi Tikki*

Serving: 1

Veg

Ingredients

- **Broccoli:** 5-7 medium florets
- **Crumbled Paneer:** 50 gm.
- **Methi / Fenugreek leaves:** A handful
- **Cheese:** 1 cube, grated
- **Isabgol / Husk:** 2 tbsp.
- Salt to taste
- Seasonings of your choice like chili powder, pepper, garam masala, etc.
- **Butter:** 1 tbsp

Preparation Method

- Boil the broccoli for just 5 minutes. Take it out and blend until coarse.
- Then in a bowl, add the blended broccoli, crumbled paneer, chopped methi
- leaves, grated cheese, isabgol, salt, and all the spices.
- Mix well and make equal sized tikkis.
- In a non-stick pan, heat butter and cook the tikkis until browned on both sides