



Paneer and broccoli tikki

Serving: 1

Veg

Ingredients

- -1/2 cup finely chopped broccoli
- -3 tbsp crumbled paneer (cottage cheese)
- -1 tsp oil
- -2 tbsp finely chopped onions
- -1 tsp finely chopped garlic (lehsun)
- -1/2 tsp finely chopped green chillies
- -salt to taste
- -2 tbsp roasted crushed peanuts
- -1 tsp oil for greasing and cooking

Preparation Method

- -Heat the oil in a broad non-stick pan, add the onions, garlic and green chillies and sauté on a medium flame for 1 to 2 minutes.
- -Add the broccoli and salt and sauté on a medium flame for 3 to 4 minutes, while stirring occasionally.
- -Remove from the flame, transfer to a deep bowl and allow it to cool completely
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- -Once cooled, add the oats and paneer and mix well.
- -Divide the mixture into 4-5 equal portions and shape each portion into round tikki.
- -Heat a non-stick tava (griddle), grease it with 1/2 tsp of oil and cook all the tikkis using 1/2 tsp of oil till they turn golden brown in colour from both the sides.
- -Serve