



Grilled Paneer with Spicy Garlic Sauce

Serving: 1

Veg

Ingredients

- -For The Grilled Paneer
- -50 grams paneer
- -1 tsp olive oil
- - $\frac{1}{2}$ tsp dried oregano
- -salt to taste
- -For The Spicy Pepper Garlic Sauce
- - $\frac{1}{2}$ tsp dry red chilli flakes or (paprika)
- - pinch freshly ground black pepper (kalimirsch) to taste
- - $\frac{1}{2}$ tsp garlic (lehsun) paste
- - $\frac{1}{2}$ tsp cornflour
- -1 tbsp tomato ketchup
- salt to taste

Preparation Method

- -Heat $\frac{1}{2}$ tsp of olive oil in a griller pan, sprinkle $\frac{1}{2}$ tsp of dried oregano and little salt evenly all over. Place the paneer slices and cook on a high flame for 2 to 3 minutes or till they turn golden brown in colour from one side. Turnover and cook again on a high flame for 1 minute.
- -Combine all the ingredients in a broad non-stick pan, mix well and cook on a medium flame for 3 to 4 minutes, while stirring occasionally. Keep aside.
- How to proceed
- Reheat the spicy pepper garlic sauce, place the grilled paneer slices on a serving plate, pour the prepared spicy garlic sauce evenly over it. Serve immediately.