



Tandoori Malai Broccoli* (OP W)

Serving: 1

Veg

Ingredients

- 150 gms of broccoli florets
- 2 tbsp grated cheddar cheese
- 1 tbsp of fresh cream
- 2-3 green cardamon pods
- 5-7 black peppercorns
- 1 Tsp garlic paste
- 1 Tsp ginger paste
- 2 green chilies (adjust to taste)
- Salt – to taste

Preparation Method

- Bring a large pot of water to boil. In a separate bowl keep some ice cold water ready. Add little of salt to the pot. Blanch the broccoli florets in the boiling water for 2-3 minutes. Remove the florets from the pot and add them to ice cold water.
- Once cooled, remove the florets and keep them aside to drain. Grind the green chilies, cardamon seeds and black pepper corns into a fine paste.
- In a separate bowl mix the cheeses, ginger garlic paste, cream, and chili paste. Add salt to taste.
- Marinate the broccoli florets in the mixture for at least an hour.
- Pre-heat the oven to 200 deg. C. Lay the florets on a baking sheet and cook until tender (around 5-7 minutes).
- Serve hot with a fresh onion slices !