



Paneer tikka (OP I)

Serving: 1

Veg

Ingredients

- 150 grams paneer
- 3 tbsp curds
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tbsp ginger garlic paste
- 1 teaspoon red chilli powder
- Salt to taste
- 1 tbsp oil
- 1 tsp garam masala
- few drops lemon juice (optional)
- 1 tbsp coriander and mint leaves chopped
- 1 onion cut into cubes
- 1 capsicum cut into cubes

Preparation Method

- Whisk the yogurt in a large bowl until smooth
- Add all the ingredients for marinade to the yogurt- ginger garlic paste,, coriander powder, red chili powder, garam masala, red chili powder, and salt.
- Whisk to combine everything together. Add in lemon juice along with chopped cilantro and mint. Mix well.
- Stir in the paneer cubes, onion and bell peppers.
- Mix until all the paneer pieces and veggies are well coated with the marinade. Cover the bowl and refrigerate for minimum for 1 hour or up to 4 hours.
- After 1-2 hours, take the marinated paneer and veggies out of the refrigerator. Take a skewer and arrange paneer, onion and peppers on a skewer, alternating with each other.
- Arrange all the prepared skewers on a baking sheet lined with parchment paper. Spray the tikka with a oil spray. This is important so that the veggies don't dry out.
- Bake at 450 F degrees for 10 minutes and then turn on the broil. Broil for 2 to 3 minutes until paneer pieces look little charred.
- Remove from oven, squeeze lemon juice, sprinkle chaat masala and serve with cilantro mint chutney.
- Alternatively : ypu can grill on tawa also , place the skewers on medium hot tawa and let me cook from all side . serve with chutney