



Tofu Tikka

Serving: 1

Veg

Ingredients

- 150g Tofu Firm Cut into Half Inch Pieces
- 1 Bell Pepper medium size cut into half inch cubes
- 1 Onion cut into half inch cubes
- 3 Tablespoon Hung Curd Or Yoghurt or Greek Yoghurt (Vegan replace it with Lemon Juice)
- 1 teaspoon Mustard Oil
- 2-3 Garlic Crushed
- 1/2 Teaspoon grated Ginger
- To taste Cumin Powder
- To taste Coriander Powder
- To taste turmeric powder
- To taste Paprika/Red Chilli Powder
- Salt to taste
- To taste chaat masala

Preparation Method

- To make the Marinade Strain the whey from the yogurt. For regular yogurt it could take a couple hours while for greek yogurt it could take 30 minutes.
- In a mixing bowl add oil, yogurt, ginger, garlic, cumin powder, turmeric, red chilly powder, chaat masala, and salt. mix well. At this point taste the marinade and make it to your taste.
- Now cut your vegetable and tofu chunks into half inch cubes. In separate bowls dishes coat them with the marinate and keep them aside for atleast 2 hours in the refrigerator.
- Soak the wooden skewers in water for 30 minutes.
- Arrange the chunks alternately and preheat oven to 400 degrees F. Cook them for about 8-10 minutes.
- You could even cook them on stove stop or grill them or cook them in a tandoor.
- Serve it with hot with our Green Chutney