

Paneer Tikka



Ingredients:

For the Marinade:

- 250g paneer, cut into cubes
- 1 cup thick yogurt
- 1 tablespoon ginger-garlic paste
- 1 tablespoon red chili powder
- 1 tablespoon turmeric powder
- 1 tablespoon garam masala
- 1 tablespoon coriander powder
- 1 tablespoon cumin powder
- Salt to taste
- 2 tablespoons vegetable oil

For Skewering:

- Bell peppers, onions, and tomatoes, cut into chunks
- Skewers (wooden or metal)

For Grilling/Baking:

- Vegetable oil for brushing
- Lemon wedges for serving

Instructions:

1. Prepare the Marinade:

- In a large bowl, combine yogurt, ginger-garlic paste, red chili powder, turmeric powder, garam masala, coriander powder, cumin powder, salt, and vegetable oil.
- Mix well to form a smooth marinade.

2. Marinate the Paneer:

- Add the paneer cubes to the marinade, ensuring each piece is well-coated.
- Cover the bowl and refrigerate for at least 1-2 hours, or ideally, overnight for the flavors to penetrate the paneer.

3. Prepare the Skewers:

- If using wooden skewers, soak them in water for about 30 minutes to prevent them from burning during grilling.
- Alternately thread marinated paneer cubes, bell peppers, onions, and tomatoes onto the skewers.

4. Grill or Bake:

- **Grilling:** Preheat your grill or grill pan. Brush with vegetable oil.
- **Baking:** Preheat your oven to a high broil or grill setting.
- Place the skewers on the grill or in the oven and cook, turning occasionally until the paneer and vegetables are charred and cooked through. This usually takes about 10-15 minutes.

5. Serve:

- Remove the skewers from the grill or oven.
- Brush the paneer with a little more oil if desired.
- Serve hot with lemon wedges on the side.

6. Optional:

- You can sprinkle some chaat masala or additional garam masala over the Paneer Tikka before serving for extra flavor.

Enjoy your delicious Paneer Tikka as an appetizer or snack! It pairs well with mint chutney or tamarind sauce.

