

# Tandoori Paneer Tikka

Serves : 4 People | Prep Time : 45 min | Views : 111589 | Total Purchases : 2500



## Ingredients

200–250g paneer (cubed)	1/2 tsp chaat masala
1/2 cup thick curd or hung curd (Dahi)	Salt to taste
1 tbsp gram flour (Besan)	1 tbsp lemon juice
1 tbsp ginger-garlic paste	1 tbsp oil
1 tsp red chili powder (adjust to taste)	Few drops of orange-red food color (optional)
1/2 tsp turmeric powder	1 onion (cut into cubes)
1 tsp coriander powder	1 capsicum (green/red/yellow) – cubed
1/2 tsp cumin powder	1 tomato (deseeded and cubed) – optional
1/2 tsp garam masala	

## Instructions

### 1. 1. Prepare the Marinade

In a bowl, whisk the curd till smooth. Use hung curd for a thick consistency so it sticks well to the paneer and veggies. Add the besan. Roast it lightly on a dry pan beforehand—it helps bind the marinade and adds a nutty aroma. Add all the spices, ginger-garlic paste, lemon juice, and mustard oil. Whisk well until the marinade is thick, creamy, and lump-free.

### 2. Marinate Paneer and Veggies

1. Gently place the paneer and vegetables into the bowl of marinade.
2. Use your hands (with gloves) or a spatula to coat everything evenly.
3. Cover and refrigerate for at least 1 hour, ideally 2–3 hours. For best flavor, marinate overnight in the fridge.

Important: Do not overmix or stir vigorously; it can break the paneer cubes.

### 3. Assemble the Skewers

1. Soak wooden skewers in water for 30 minutes to avoid burning.
2. On each skewer, thread paneer – onion – capsicum – paneer or alternate as you like.
3. Leave a bit of space between pieces so heat reaches all sides evenly.

Tip: Brush lightly with oil before cooking to keep moist and prevent sticking.

### 4. Cook the Tikka

#### Option 1: Oven

- Preheat oven to 200°C (392°F).
- Line a baking tray with foil or parchment.
- Place skewers on a rack above the tray (or directly on the tray).
- Bake for 15–18 minutes, flip once halfway through.
- Broil or use top grill setting for the last 2–3 minutes to get charred edges.

#### Option 2: Tawa / Grill Pan

- Heat a grill pan or tawa. Add 1–2 tsp oil.
- Place skewers or individual pieces on the pan.
- Cook on medium flame, flipping occasionally, till browned and slightly charred on all sides.

#### Option 3: Air Fryer

- Preheat to 180°C.
- Brush the basket lightly with oil or cooking spray.
- Air fry for 10–12 minutes, shaking or turning halfway.

### 5. Final Garnish & Serving

Sprinkle chaat masala, a squeeze of lemon juice, and fresh coriander leaves.

Serve with:

- Green mint chutney
- Sliced onions
- Lemon wedges