



Broccoli Tikka

Cooking Time _____

On2Cook: 3:30 mins Normal Cooking: 15 mins

Accessories: Pan Honeycomb (Non-Stick)

Ingredients _____

- 415 g

Marinated Broccoli
- 300 g Broccoli Florets

40 g Bhuna Tikka Masala

70 g Hung Curd, 5 ml Lemon Juice
- 20 ml

Oil for Brushing

- Step 1

● 1:00 min

Marinated Broccoli

I 50

M 100
- Step 2

● 0:30 secs

Turnover

I 50

M 100
- Step 3

● 0:30 secs

Turnover

I 50

M 100
- Step 4

● 0:30 secs

Turnover

I 50

M 100
- Step 5

● 0:30 secs

Turnover

I 50

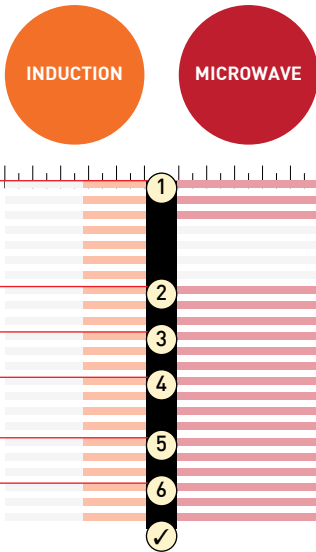
M 100
- Step 6

● 0:30 secs

Turnover

I 50

M 100



Total Output:
350 G