



Gobi Tikka

Cooking Time _____

On2Cook: 3:30 mins Normal Cooking: 15 mins

Accessories: Pan Honeycomb (Non-Stick)

Ingredients _____

- 415 g

Marinated Cauliflower
- 300 g Cauliflower Florets
- 40 g Bhuna Tikka Masala
- 70 g Hung Curd, 5 ml Lemon Juice
- 20 ml

Oil for Brushing

INDUCTION

MICROWAVE

Step 1

1:00 min

Marinated Cauliflower

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

1

2

3

4

5

6

✓

Total Output:
350 G