



Malai Gobi Tikka

Cooking Time _____

On2Cook: 3:00 mins Normal Cooking: 15 mins

Accessories: Pan Non-Coated (Ss), Mp Mats Small

Ingredients _____

- 454 g
- Marinated Cauliflower
300 g Cauliflower Florets
50 g Malai Marination (Cashew
50 g Cream, 50 g Processed Cheese
70 g Hung Curd, 5 g Green Chilli
10 g Ginger, 10 g Coriander Leaves
3 g Green Cardamom Powder, 3 g Salt
3 g Black Pepper
- 20 ml
- Oil Brush

Step 1 0:00 secs

1 number Small Non Stick Mat

I 0 M 0

Step 2 1:00 min

Marinated Cauliflower

I 40 M 100

Step 3 0:30 secs

Cauliflower Turnover

I 40 M 100

Step 4 0:30 secs

Turn Cauliflower/ Oil Brush

I 50 M 0

Step 5 0:30 secs

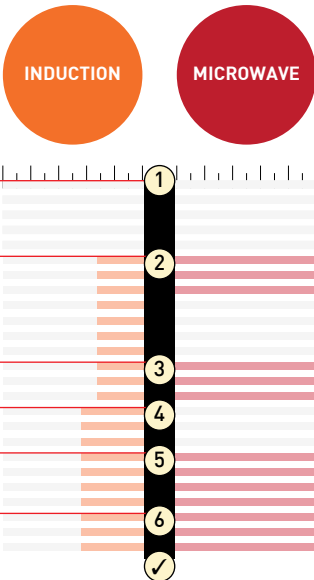
Turn Over Cauliflower

I 50 M 100

Step 6 0:30 secs

Turn Cauliflower / Oil Brush

I 50 M 100



Total Output:
350 g