



Paneer Tikka

Cooking Time _____

On2Cook: 3:00 mins Normal Cooking: 15 mins

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

Ingredients _____

- 20 ml
- 30 g
- Oil For Brushing
- Vegetable Mix
- 10 g Onion Petals
- 10 g Tomato Petals
- 10 g Capsicum Squares

INDUCTION

MICROWAVE

Step 1

1:00 min

415 g Marineted Paneer

I 60 M 0

Step 2

0:40 secs

Turnover & Brush Oil

I 50 M 0

Step 3

0:40 secs

Turnover & Brush Oil

I 50 M 100

Step 4

0:40 secs

Turnover & Brush Oil

I 50 M 100

1

2

3

4

✓

Total Output:
350 g