



# Grilled paneer



## Grilled paneer

### Ingredients

- Paneer.
- Cumin Powder, Kashmiri Chilli Powder, Garam Masala, Onion Powder.
- Tahini Paste.
- Mustard Oil
- Ginger Garlic Paste, Salt, Fresh Coriander Leaves, Lemon Juice.

### Method:

#### Marinade Paneer

- Cut paneer into equal pieces of desired size (square or rectangular).
- Combine mustard oil, tahini or cashew paste, ginger garlic paste, spices, salt, and finely chopped coriander leaves. Mix nicely to make a thick marinade. Taste and if required add more spices or salt.
- Add paneer pieces to the marinade and coat them with marinade.
- Step 4: You can store marinated paneer in an airtight container in the refrigerator for 3 – 4 days or overnight. It is a meal prep friendly recipe.

#### How To Grill Paneer

- Start with taking a heavy-duty grill pan preferably cast iron.
- Brush it with mustard oil. DO NOT add too much oil.
- Heat the pan over a high flame till it is nicely hot.
- Arrange the marinated paneer pieces in the pan.
- Press them gently with a tong to get them evenly grilled.
- After 2 – 3 minutes, turn them and grill from the other side.
- Grilled Paneer is ready to serve!

Thanks & Regards

Chef Rawat