



Paneer Tikka



Ingredients

- 250 grams paneer, cubed
- 1/2 cup curd
- 1 tablespoon lemon juice
- 1 teaspoon ginger-garlic paste
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1/2 teaspoon red chili powder
- 1/2 teaspoon garam masala
- 1/4 teaspoon turmeric powder
- Salt to taste
- 1 tablespoon oil
- 1/2 cup chopped onions
- 1/2 cup chopped green bell peppers
- 1/4 cup chopped tomatoes
- 1/4 cup chopped cilantro

Method:

Marinate the Paneer:

- In a bowl, combine curd, lemon juice, ginger-garlic paste, cumin powder, coriander powder, red chili powder, garam masala, turmeric powder, and salt.
- Add the paneer cubes to the marinade and mix well to coat.
- Cover the bowl and refrigerate for at least 30 minutes, or up to 2 hours.

Prepare the Skewers:

- Thread the marinated paneer cubes onto skewers, alternating with the onions, bell peppers, and tomatoes.

Grill or Bake:

- Preheat your grill or broiler to medium-high heat.
- Grill or bake the skewers, turning occasionally, until the paneer is browned and slightly charred. This should take about 10-15 minutes.

Serve:

- Remove the skewers from the grill or oven and garnish with chopped cilantro.
- Serve immediately with your favorite dipping sauce, such as mint chutney or tamarind chutney.