

Paneer Tikka

Recipe by Gurdeep Jaswal, BCAA Team Member

Prep time: 20 minutes

Cooking time: 15-20 minutes on 300-degree Celsius.

Serving suggestions:

Serve this Paneer Tikka with delicious mint chutney, lemon wedges and garnish with cilantro leaves.



Ingredients:

- 250ml Greek yogurt
- 4 tbsp Olive oil
- Pinch each salt and black pepper
- 1 tbsp Crushed garlic
- 1 tsp Garam masala
- 1 tsp Cumin seeds
- 300g Paneer (cut into bite size pieces)
- 1 Green bell pepper
- 1 Red bell pepper
- 1 Red onion
- 4 Medium mushrooms (cut into bite size pieces)
- Pinch red food colouring (only if you prefer colour)

Description:

Paneer (Indian cottage cheese) Tikka is a delicious vegetarian snack and it is a go-to for my family. Paneer cubes are marinated in Indian yogurt, spices, and a bit of food colouring. Paneer cubes along with red or green bell peppers, red onions and mushrooms are arranged on skewers and placed on a BBQ.

Directions:

Mix yogurt, garam masala, cumin seeds, crushed garlic, salt, pepper and 2 tablespoons of olive oil. Add the paneer cubes and vegetables to the sauce. For best results, let them marinate for up to 2 hours in the refrigerator. Arrange the paneer and vegetables on skewers and place on the BBQ. Brush the paneer and vegetables with the remaining olive oil to avoid them from becoming dry.

Mint Chutney

Blend everything in a blender until smooth. Taste and adjust accordingly.

Ingredients:

- 2-3 Green chilies
- 1 Medium onion
- 1 Cup Fresh mint leaves
- 1/4 tsp Each salt and black pepper
- 2 Lemons or limes (juiced)
- 2 tbsp Mango powder

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