



'No-tandoor' paneer tikka Recipe

Ingredients

- 1 Sachet MAGGI Masala-ae-Magic (6 Grams)
- 1.5 Tablespoons Nestlé A+ Curd
- 200 gms Paneer (Cut into 1" cubes)
- 0.5 Capsicum (Cut into 1" cubes)
- 1 Onion (Small, Cut into 1" cubes)
- 1 Tomato
- 1 Teaspoon Kasuri Methi
- 0.5 Pinch Salt (To Taste)
- 2 Tablespoons Butter

Zubereitung

1. In a mixing bowl, take NESTLE a+ dahi and whisk well. Add MAGGI Masala-ae-Magic and mix well. Add paneer, capsicum, onion, tomato, kasuri methi, salt and gently mix till the masala coat the paneer and vegetables well. Leave aside for 8-10 min. (10 min)
2. Take 3 satay sticks and alternately thread the capsicum, paneer, onion and tomato. Coat the left over marinate on top of the veggies and paneer. (2 min)
3. Heat a non stick tawa, grease it with butter. Place the satay sticks with tikka and grill on medium heat while turning the sides. (3 min)
4. Once they turn golden brown on all sides, serve hot with green chutney.

Nährwerte an

Carbohydrates	15.5 g
Energy	274.91 kcal
Fats	14.8 g
Protein	13.98 g

🕒 25 Minutes

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