



Paneer Shashlik With Mint Daliya Recipe (Diabetic Friendly)

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- gms Nestlé A+ Curd
- Tablespoons Besan (Gram Flour)
- Tablespoon Ginger-Garlic Paste
- Teaspoon Red Chilli Powder
- Tablespoon Whole Garam Masala (Coarsely crushed)
- Tablespoon Kasuri Methi
- Teaspoons Mustard Oil
- gms Paneer (Cut into 1" cubes)
- Capsicum (Sliced)
- Tomato (Small, Chopped)
- Onion (Chopped)
- Cups Daliya (Broken Wheat)
- Cups Water
- gms Chia Seeds
- Cup Mint Leaves (Chopped)
- Pinch Salt (To Taste)

Instruction

1. In a bowl, mix together, MAGGI Masala-ae-Magic, Nestle a+ Dahi, Besan, Ginger garlic paste, red chilli powder, garam masala, kasuri methi and mustard oil.
2. Add paneer, capsicum, tomato and onion to this paste and marinate for 15-20 min.
3. Pierce the paneer, capsicum, tomato and onion alternately into small skewer /wooden shashlik sticks. (Do not throw away the remaining marinade). Heat a pan and saute the shashliks till crisp while turning in between. Keep aside.
4. Lightly roast the daliya in a pan, add water, chia seeds and rest of the marinade, cover and cook till all the water is absorbed. Add chopped mint and slightly fluff the daliya with a fork.
5. Transfer the daliya into individual serving bowls, place the paneer shashliks on top and serve hot.

Nutrition

Carbohydrates	52.15 g
Energy	378.18 kcal
Fats	8.04 g
Protein	17.16 g

25 Minutes

5