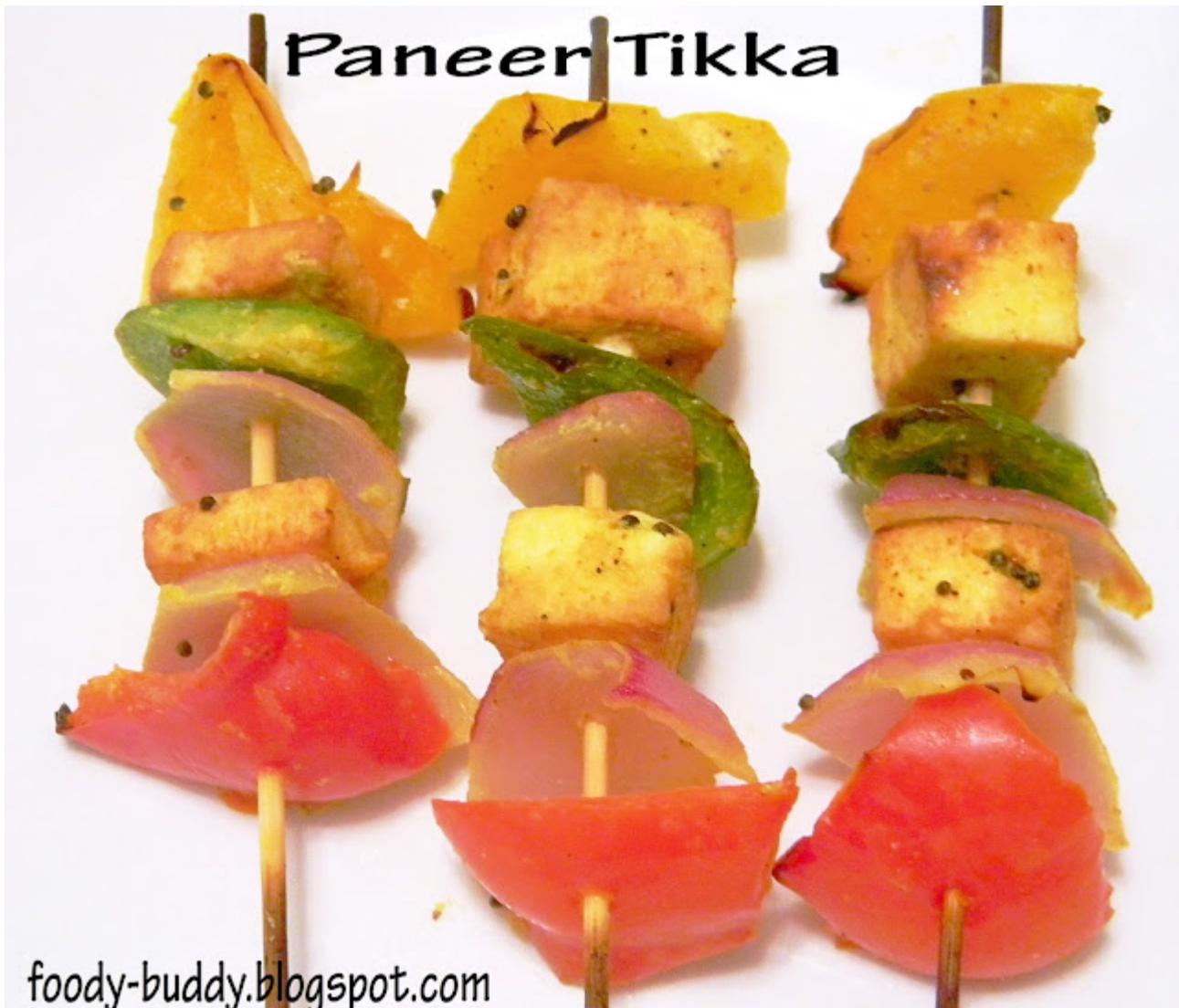


# PANEER TIKKA | PANEER TIKKA MASALA



*Paneer Tikka is one of the popular dish in Northern Part of India. It is made from chunks of paneer, bell pepper and onion marinated in spices then arranged in a skewer and grilled in oven. It is a healthy and flavourful dish, also vegetarian alternative to chicken tikka.*

## **Ingredients**

**10 Slices of Onion**

**10 Paneer Cubes ( I used Fried Paneers)**

**8 Pieces of Red Bell Pepper**  
**8 Pieces of Green Bell Pepper**  
**8 Pieces of Yellow Bell Pepper**  
**2 Tbsp of Yogurt or Thick Curd**  
**1 Tsp of Red Chilly Powder**  
**1/4 Tsp of Garam Masala**  
**3 Drops of Lemon Juice**  
**1/4 Tsp Of Turmeric**  
**2 Tsp of Mustard Oil**  
**Salt as needed**

### **Method**



- **Wash and cut all veggies into big cubes.**
- **Soak the skewers in a bowl of cold water for atleast 1-2 hrs this is just to prevent the burning of the skewers.**



- In a bowl, marinate all the veggies, yogurt, red chilly powder, garam masala, lemon juice, turmeric, mustard oil and salt for about 1 hr so that all the veggies absorbs the sauce.
- Take the skewers and arrange all the veggies as shown in the picture, brush them with little oil.



- Now turn on the oven and set to high broil, arrange all the skewers in a greased pan and wait for 10-13 mins until all the veggies turns brown.
- Once done, it is ready to serve with [green chutney](#) or you can make panner tikka masala as sidedish for chapathi.



**AFTER BROIL**

**PANNER TIKKA MASALA**



*Paneer tikka masala is a delicacy from punjab, Northern Part of India. It is made from the paneer tikka, which is served as spicy gravy for [paratha](#) or [methi roti](#).*

### **Ingredients**

- 1 Chopped Onion**
- 1 and 1/2 Tsp of Ginger Garlic Paste**
- 2 Tsp of Coriander Powder**
- 1 Tsp of Chilly Powder**
- 1/4 Tsp of Turmeric Powder**
- 1 Tsp of Cumin Powder**
- 1 Chopped Big Tomato**
- 1 Tsp of Yogurt/Curd**
- Marinated and broiled Tikka Vegetables**
- 2 Tbsp of Chopped Cilantro leaves**
- 1/4 Tsp of Sugar**
- 1/4 Tsp of Garam Masala**
- 1/2 Tsp of Dried Methi Leaves**

1 Clove  
1 Medium Size Cinnamon Stick  
1 Cardamom  
1 Bay Leaf  
1/2 Tsp of Whole Cumin  
1 and 1/2 Tbsp of Oil  
Salt as needed

## Method

- Heat a pan with oil, add cloves, cinnamon, cardamom, bay leaf, cumin, wait till it changes color.
- Add chopped onion, salt and ginger garlic paste, fry for 2 mins until raw smell vanishes.
- Take a pan away from stove, add coriander powder, red chilly powder, turmeric powder and cumin powder, fry for 30 secs.
- Now keep pan back to the stove, add little water and fry for another 30 secs.
- Add chopped tomato and fry for 2 mins and wait till oil separates.
- Add yogurt and tikka vegetables, mix well.
- Add pinch of garam masala, dried methi leaves and sugar. Check the salt and turn off the stove.
- Garnish with cilantro or coriander leaves and serve hot.

## Tips

- Good to eat with tandoori roti or [paratha](#)
- You can do paneer tikka in oven either in broil or bake mode. Also if you don't have oven do it in stove top.
- You can use either metal or wooden skewers.
- Make sure don't keep vegetables and panner in oven for long time.
- If you don't have mustard oil, take a pan with little vegetable oil, add mustard to it, let it crackles. This can be used as mustard oil.

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Paneer Tikka Masala