

Spicy Paneer Tikka

Experience the vibrant flavors of India with this Spicy Paneer Tikka. Soft cubes of paneer marinated in a blend of spices and yogurt, then grilled to perfection. This dish is not only delicious but also packed with protein, making it a great choice for vegetarians.



Main Dish

Indian

45 min

Total time

Medium

Difficulty

350

kcal / serving

Ingredients

- 100g paneer
- 2 tablespoons thick yogurt
- 1 teaspoon red chili powder
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon garam masala
- 1 tablespoon lemon juice
- Salt to taste
- 1/2 bell pepper, chopped
- 1/2 onion, chopped
- 1 tablespoon oil
- Skewers (if using wooden, soak in water for 30 mins)

Steps

- 1 In a bowl, mix thick yogurt, red chili powder, turmeric powder, garam masala, lemon juice, and salt to create the marinade.
- 2 Cut the paneer into cubes and add them to the marinade, ensuring they are well coated. Let it marinate for at least 30 minutes.
- 3 Preheat a grill or oven to medium-high heat.
- 4 Thread the marinated paneer, bell pepper, and onion onto skewers.
- 5 Brush the skewers with oil and place them on the grill or in the oven.
- 6 Grill for about 10-15 minutes, turning occasionally until the paneer is golden and slightly charred.
- 7 Serve hot with mint chutney and lemon wedges.