INDIAN · SNACK · DINNER

Paneer Tikka on a Grill Pan

35 min · plus 2–3 hours marinating · Makes 5 × 1 skewer (120 g paneer) · 522 kcal a portion

Video 7:05 · HomeCookingShow

Vegetarian · Gluten-free ingredients · No nuts listed

Grilled paneer with a spiced yoghurt marinade and plenty of capsicum: about 27 g of protein a skewer, rich in calcium, and more than a day's vitamin C, with no added sugar.

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Ingredients

20 · MAKES 5 × 1 SKEWER (120 G PANEER)

- [ ] 14 oz **fresh thick curd** (plain yoghurt)
- [ ] ½ tsp **turmeric powder**
- [ ] 2 tsp **chilli powder**
- [ ] ½ tsp **ground black pepper**
- [ ] 1 tsp **salt**
- [ ] 1½ tsp **coriander powder**
- [ ] 1½ tsp **cumin powder**
- [ ] 1 tsp **garam masala**
- [ ] 1 tsp **chaat masala**, plus a sprinkle to serve
- [ ] 1½ tsp **ginger-garlic paste**
- [ ] **Lemon juice**: juice of 1 small lemon
- [ ] 1 tsp **kasuri methi** (dried fenugreek leaves)
- [ ] 2 tsp **besan** (chickpea flour), optional
- [ ] 1 tsp **corn flour** (cornstarch)
- [ ] 1¼ lb **paneer**, cut into large cubes
- [ ] 1 **yellow capsicum**, cut into wedges
- [ ] 1 **red capsicum**, cut into wedges
- [ ] 1 **green capsicum**, cut into wedges
- [ ] 2 **onions**, cut into wedges and separated into layers
- [ ] a little **neutral oil or ghee** for the pan and brushing (about 2 tbsp)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Whisk the curd with the turmeric, chilli powder, pepper, salt, coriander, cumin, garam masala, chaat masala, ginger-garlic paste, lemon juice and kasuri methi until smooth and creamy, then stir in the besan and corn flour. 0:52
2. Put the capsicum and onion pieces in a large bowl with the paneer cubes, pour over the marinade and mix gently by hand, coating the paneer well without breaking it. 2:59
3. Cover and marinate for 2–3 hours (in the fridge on a warm day), or overnight in the fridge. 3:57
4. Thread the paneer, capsicum and onion onto skewers. Heat a grill pan or heavy tawa and grease it lightly with oil or ghee. 4:22
5. Cook the skewers with a lid on for about 2 minutes, then turn and repeat, brushing with a little oil, until charred on all sides. 5:29
6. Sprinkle with a little chaat masala and serve straight away, with mint chutney if you like. 6:20

> **Tip** The cook makes 5 skewers, one each as a starter; each is generous (about 520 kcal), so share one for a lighter snack. Use large paneer cubes so they don't break. Marinate the day before for a party.

The method is a summary in our words — the video shows every step.

One portion, 1 skewer (120 g paneer), gives you

1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
522 kcal 2,180 kJ	27 g 54% of a day	23 g 19 g net · 14 g sugars 8% of a day
FIBRE	**FAT**	**SODIUM**
4.1 g 15% of a day	35 g 19 g saturated 45% of a day	530 mg 23% of a day

Energy from net carbs 15% · protein 22% · fat 63% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 121% · Vitamin B12 62% · Calcium 55% · Vitamin A 43% · Omega-3 42% · Zinc 31% · Selenium 31% · Vitamin B6 27%

Source of (10–19%) Vitamin E 19% · Folate 17% · Magnesium 15% · Potassium 12% · Iron 12% · Vitamin K 12%

Recipe and video: HomeCookingShow (@HomeCookingShow) on YouTube — youtube.com/watch?v=Ccga9wOkA4c, published 17 November 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/paneer-tikka-grill-pan