

Paneer and vegetable skewers

Cuisine: **Indian**Food category: **Vegetarian dishes**Author: **Jaroslav Mikoška**Company: **Retigo**

Program steps

Preheating: **250 °C**

1	Hot air	50 %	Termination by time	00:07	hh:mm	210 °C	100 %	
2	drizzle over the melted butter, turn							
	Hot air	50 %	Termination by time	00:02	hh:mm	210 °C	100 %	

Ingredients - number of portions - 6

Name	Value	Unit
paneer	300	g
onion	1	pcs
green paprika	1	pcs
vegetable oil	30	ml
butter	30	ml
chaat masala	1	g
yogurt	125	g
ginger root, peeled and finely chopped	10	g
cloves garlic, finely chopped	2	pcs
salt	1	g
chili powder	1	g
garam masala	1	g
lemon juice	15	ml
gram flour	10	g
ground caraway	1	g
cardamom	6	pcs
rice pepper	1	pcs

Nutrition and allergens

Allergens: 1, 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	201.1 kJ
Carbohydrate	2.1 g
Fat	15 g
Protein	11.8 g
Water	0 g

Directions

For the marinade, mix together all the marinade ingredients (yoghurt, ginger, garlic, salt, chilli, garam masala, lemon juice, gram flour, cumin powder, cardamom, oil) in a bowl and add the paneer, large onion, cut into 2.5cm cubes and peppers. Cover with cling film and allow the paneer and vegetables to marinate for 30-40 minutes, or longer, in the fridge.

Preheat the Retigo combi oven to 250C, on hot air 50% and put a Retigo express grill GN container to the combi oven to preheat. Thread the vegetables and paneer alternately onto the skewers. Reduce the temperature to 220C and grill in the oven for 7 minutes, drizzle over the melted butter, turn and cook for another 2 minutes or until charred at the edges.

Sprinkle with chaat masala and serve.

*wooden skewers, soaked for an hour-6pcs

Recommended accessories



Vision Express Grill