

Paneer Tikka Recipe

Spice:	Difficulty:	Total:	Prep:	Cook:	Add:	
Mild	Serves 2	Easy	20 mins	5 mins	15 mins	60 mins

A recipe for making restaurant style paneer tikka at home using our [tikka marinade spices](#). A delicious vegetarian alternative to chicken tikka.

Ingredients

15g (½ packet) East at Home **tikka marinade spices**

225g **paneer** (cut into 1" cubes)

1 heaped teaspoon (25g) garlic & ginger paste

1&½ heaped tablespoons 40g plain yoghurt

1&½ tablespoons (15ml) vegetable oil

Instructions

- 1 Mix the garlic and ginger paste, yoghurt and half the tikka marinade spices packet and oil to make a paste
- 2 Add the paneer and mix well so that all the paneer pieces are coated.
- 3 Cover and leave to marinate for 1 hour in the fridge.
- 4 Remove from fridge and thread the paneer pieces onto skewers
- 5 Preheat oven, air fryer or grill on full heat
- 6 Cook the paneer skewers for 10-15 mins, brushing occasionally with oil and turning frequently.
- 7 The paneer is ready when slightly charred on the edges

Tips

- 1 Add chunks of peppers and onions to the marinade and cook with the paneer to make a delicious shashlik
- 2 Replace the paneer with cauliflower to make a delicious veggie alternative

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