

Paneer and vegetable skewers

Cuisine: **Indian**
Food category: **Vegetarian dishes**



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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
5 tbsp vegetable oil	30	ml
butter soft	30	ml
chaat masala	1	g
yogurt	125	g
ginger root, peeled and finely chopped	10	g
garlic cloves, 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
mixed peppers	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

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

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

Recommended accessories



Vision Express Grill