



Posted on 9 May 2016
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Paneer Hariyali Tikka



Ingredients

180g Paneer
100g Boiled Spinach
50g Mint Leaves
50g Coriander leaves
2 Green chilies
2 tsp mustard oil
2 tsp. Ginger paste
250g Yogurt (hanged curd)
1 tsp Coriander powder
1 tsp Kitchen King
1 tsp Cumin Powder
Black Salt to taste

Preparation

- 1 Grind coriander leaves, mint leaves, green chilies with the Boiled Spinach to a paste. Cut the paneer into medium sized cubes.
- 2 In a bowl, add the green paste, yogurt, ginger paste, coriander powder, kitchen king, cumin powder and black salt, mix well.
- 3 Add mustard oil and the add paneer cubes and mix thoroughly so that the paneer cubes are well coated in the green mixture. Set aside to marinate for at least two hours.
- 4 Preheat the oven at 200 degree Celsius. Now pierce the marinated cubes with an inch gap into skewers and place it on the grill rack, grilling it for about 15 minutes till it colors lightly.

Cooks Note
