# 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, cut into 2.5cm cubes | 300 | g |
| large onion, cut into 2.5cm cubes | 1 | pcs |
| green and 1 red capsicum pepper, cored and cut into 2.5cm cubes | 0 | pcs |
| oil | 30 | ml |
| wooden skewers, soaked for an hour | 6 | pcs |
| butter, melted, for drizzling | 30 | ml |
| chaat masala to sprinkle | 1 | g |
| yoghurt | 125 | g |
| small knob fresh ginger, peeled and roughly chopped | 10 | g |
| garlic cloves, peeled and finely chopped | 2 | pcs |
| salt | 1 | g |
| chilli powder | 1 | g |
| garama masala | 1 | g |
| lemon juice | 15 | ml |
| gram flour | 10 | g |
| cumin powder | 1 | g |
| seeds of green cardamom, ground | 6 | pcs |

## 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, onion 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.

## Recommended accessories

Vision Express Grill