



Paneer tikka Free Recipe 10042025

Description

Recipe

Paneer tikka

This brilliant tikka paneer recipe can be whipped up in just over half an hour if you're in a rush, but it does benefit from a few extra hours marinating.

You will need a blender and wooden or metal skewers for this recipe.

Recipe tips

You can eat these skewers on their own or as part of a bigger meal, but they're best with naan and a fresh mint or chilli chutney.

[Banzai Japan MV](#)

https://www.youtube.com/watch?v=k_vQsyC_F1A

Shopping List

Fruit and vegetables 2 green bird's-eye chillies 40g/1½oz coriander leaves 2 garlic cloves, roughly chopped 2.5cm/1in piece fresh root ginger, roughly chopped 1 red pepper, cut into 3cm/1in cubes 100g/3½oz spinach leaves Cooking ingredients chaat masala (or lemon juice), to garnish 1 tsp garam masala salt, to taste Dairy, eggs and chilled butter, for basting 375g/13oz paneer, cut into 3cm/1in cubes 180g/6oz Greek yoghurt

<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

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