

Paneer tikka with vegetable soup and steamed seasoned sweet potato

Paneer Tikka:

Ingredients:

250g paneer, cut into cubes
1 bell pepper, cut into chunks
1 onion, cut into chunks
1 tomato, cut into chunks
1 cup plain yogurt
2 tablespoons ginger-garlic paste
1 tablespoon lemon juice
1 teaspoon garam masala
1 teaspoon cumin powder
1 teaspoon coriander powder
1/2 teaspoon turmeric powder
Salt to taste



Skewers (if using wooden skewers, soak them in water for 30 minutes before using)

Instructions:

In a bowl, mix together yogurt, ginger-garlic paste, lemon juice, garam masala, cumin powder, coriander powder, turmeric powder, and salt.

Add paneer cubes, bell pepper, onion, and tomato to the marinade. Coat them well.

Cover and refrigerate for at least 1 hour, allowing the flavours to meld.

Preheat the grill or grill pan over medium-high heat.

Thread the marinated paneer and vegetables onto skewers.

Grill the skewers for 8-10 minutes, turning occasionally, until the paneer and vegetables are charred and cooked through.

Serve hot with mint chutney or yogurt dip.

Vegetable Soup:

Ingredients:

2 carrots, diced
2 celery stalks, diced
1 onion, diced
2 cloves garlic, minced

1 can diced tomatoes
4 cups vegetable broth
1 cup mixed vegetables (such as peas, corn, green beans)
Salt and pepper to taste
Fresh herbs (such as thyme or parsley), chopped (optional)

Instructions:

Heat olive oil in a large pot over medium heat.
Add diced carrots, celery, onion, and garlic. Sauté until the vegetables are softened.
Stir in diced tomatoes and vegetable broth. Bring to a simmer.
Add mixed vegetables and simmer for 15-20 minutes, or until all vegetables are tender.
Season with salt and pepper to taste. Add chopped fresh herbs if desired.
Serve hot.

Steamed Seasoned Sweet Potato:

Ingredients:

2 medium sweet potatoes, peeled and cubed
1 tablespoon olive oil
1 teaspoon paprika
1/2 teaspoon cumin
Salt and pepper to taste

Instructions:

Place sweet potato cubes in a steamer basket over boiling water.
Steam for 10-15 minutes, or until sweet potatoes are tender when pierced with a fork.
In a bowl, toss steamed sweet potato cubes with olive oil, paprika, cumin, salt, and pepper until evenly coated.
Serve hot as a side dish.

Enjoy your delicious and nutritious meal of Paneer Tikka with Vegetable Soup and Steamed Seasoned Sweet Potato!

