

Recipe Name: Paneer Tikka Saddle Roll Recipe
Diet Type: Vegetarian
Course: Snack
Cuisine: Bengali Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Whole Wheat Flour • Salt - to taste • Ghee - for cooking • 1 tablespoon Ghee - for cooking • 200 grams Paneer (Homemade Cottage Cheese) - thinly sliced • 1/4 cup Hung Curd (Greek Yogurt) • 1 tablespoon Gram flour (besan) • 1 inch Ginger - finely chopped • 4 cloves Garlic - finely chopped • 1 tablespoon Kasuri Methi (Dried Fenugreek Leaves) • 1/2 teaspoon Turmeric powder (Haldi) • 1 teaspoon Chaat Masala Powder • 1 teaspoon Garam masala powder • 1/4 cup Mint Leaves (Pudina) - finely chopped • Salt - to taste • 1 Coal - for giving a smoked flavour • 1/4 cup Mint Leaves (Pudina) - chopped • 1 Green Bell Pepper (Capsicum) - thinly sliced • 2 Onion - thinly sliced • 1/2 Lemon - juice extracted • Salt - to taste	4

Preparation

- To make the paneer tikka, add all the ingredients for Paneer Tikka in a bowl except the.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
540	35	30	32	2	5

