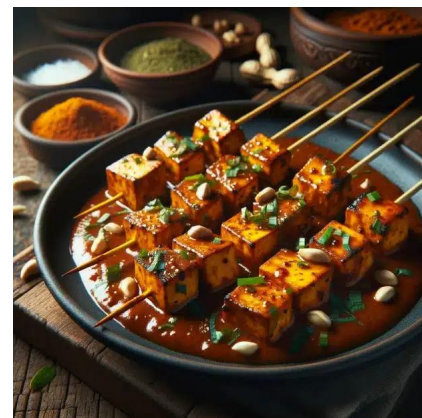


Recipe Name: Paneer Satay Recipe
Diet Type: Vegetarian
Course: Appetizer
Cuisine: North Indian Recipes
Quantity: 1 serving



Ingredients

Ingredient	Quantity
• 500 grams Paneer (Homemade Cottage Cheese) - cut lengthwise of 1 inch thickness	4
• 1 inch Ginger - grated	
• 3 cloves Garlic - grated	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 2 tablespoons Dark soy sauce	
• 1 tablespoon Sesame (Gingelly) Oil	
• Salt - to taste	

Preparation

- To begin making the Paneer Satay Recipe, combine the marinade ingredients including ginger, garlic, turmeric powder, dark soy sauce, sesame oil and salt in a large bowl.
- Let the paneer marinate for about 30 minutes or you can refrigerate overnight if you plan to make it the next day.
- I like to roast the paneer on a stove top grill, you can also do it in the oven that is preheated at 200 C.
- Place the paneer on the preheated skillet and roast it until it is evenly browned on all sides.
- Keep drizzling some of the marinade as the paneer is roasting, so it absorbs additional flavors.
- The paneer satay is done when it is has a golden brown color.
- Transfer the paneer satay onto a serving plate and serve hot.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	15	20	15	2	5