

Recipe Name: Baked Paneer Corn Kebab Recipe
Diet Type: Vegetarian
Course: Snack
Cuisine: North Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 200 grams Paneer (Homemade Cottage Cheese) • 1/2 cup Dry Corn Kernals - steamed • 2 Green Chillies - finely chopped • 1 teaspoon Chaat Masala Powder • 4 sprig Coriander (Dhania) Leaves - finely chopped • 2 tablespoons Raisins • 1 tablespoon Cashew nuts • 1/4 cup Whole Wheat Bread crumbs • 1/4 teaspoon Turmeric powder (Haldi) • 1/4 teaspoon Red Chilli powder • 2 teaspoons Kasuri Methi (Dried Fenugreek Leaves) - or dried fenugreek leaves • Salt - to taste • Sunflower Oil - for brushing	4

Preparation

- To begin making the Baked Paneer Corn Kebab Recipe, pulse the corn kernels in a mixer grinder and make a coarse crumble.
- It shouldn't be a paste.
- In a bowl add crumbled paneer and steamed sweet corn kernels and all the remaining ingredients except the oil and cashew nuts.
- Mash well to make a dough like mixture.
- You should be able to shape them into kebabs.
- Grease your fingers and palms with oil and take small portion in your palms and make patties with the Paneer Corn Kebab mixture.
- Preheat the oven to 180 C.



- Brush the top of the paneer kebabs with oi.
- Cling wrap them and refrigerate for 25-30 minutes until they firm up.
- Once done, remove from the oven and serve.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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