

## Malai Broccoli Tikka



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This recipe is available for:

- Convotherm mini

Accessories:

1/1 GN Baking tray, perforated, non-stick coating, Flat, 3055633

PROFILE

- Chilled 4°C
- 1 Full Tray
- From Scratch

Stage 1  
200 °C

Convection

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RECIPE

### Ingredients

1,5	kg	Broccoli
100	g	Cheddar cheese fine grated
200	g	Hung curd
100	g	Double cream
75	g	Ginger, Garlic & Green chilli paste
1	pinch	Pepper
1	pinch	Salt
50	ml	Mustard Oil
1	pinch	Roasted cumin powder

### 1. Food Preparation

Clean and wash broccoli florets steam them in the oven for 4 min. Take out the florets and put them in ice water. Make the kabab masala with ground green and black cardamom, mace keep aside, mix together hung curd, ginger garlic green chilli paste, finely grated cheddar cheese, double cream, gram flour, salt and ground black pepper to taste, mustard oil at the end for marination. Marinate the blanched broccoli florets along with the ground spices, roasted cumin powder for minimum 2 hours.

### 2. Cooking Instruction

Roast the marinated broccoli for 8 minutes.

### 3. Food Serving Instruction

Garnish with chopped coriander with a slice of onion and lemon wedge.