



Spicy Paneer Kebabs



www.activekidsgetcooking.org.uk



Ingredients

- 1 thick slice of fresh pineapple
- 1 orange/red pepper
- 8 cherry tomatoes
- 150g Paneer cheese
- ½ mango
- 8 cauliflower florets

Glaze/marinade

- 2 x 15ml spoon lime juice
- 1 green or red chilli
- 1 x 15ml spoon olive oil
- 1 x 15ml runny honey
- 1 x 15ml water
- pinch ground cumin
- pinch black pepper



Check the ingredients



Equipment

- 8 wooden skewers
- Tablespoon
- Sharp knives
- Chopping board
- Lemon squeezer
- Measuring spoons
- Jam jar and lid
- Pan stand
- Mixing bowl
- Baking sheet





Method



1. Preheat oven
200°C, Gas 6.

2. Wash the tomatoes
and the cauliflower
florets.

3. Cube the Paneer cheese.

4. Cut the pineapple into chunks.

5. De-seed and cut the red
pepper into 8 pieces.

6. Cube the mango.

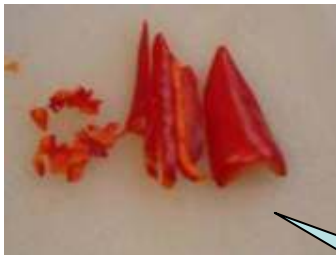




7. Prepare the glaze



8. Chop the chilli - one way of doing this is to use protective gloves.



9. Put all the ingredients into a container with a secure lid and shake well.



Take care
preparing chillis.



10. Thread the ingredients onto skewers



11. Thread the vegetables, fruit and Paneer cheese onto the 8 skewers.

12. Brush with the glaze.

13. Place on the baking sheet.





Bake and serve



- Bake for 15 - 20 minutes in the oven, 200°C (180°C fan), Gas Mark 6, turning once to ensure even cooking. Use oven gloves to turn the kebabs.

- Serve with green salad.



Notes



- These kebabs could be made with tofu instead of Paneer.
- The glaze can be used to marinade the ingredients before threading onto the skewers. Mix the glaze ingredients together and leave in a refrigerator for as long as possible so that the flavours soak into the ingredients.