

Paneer Tikka Taco

Makes 10-12 taco sliders

Ingredients:

250 gms paneer, cubed

1 small or ½ large bell pepper, cubed (any color)

2 tbsp oil or butter

Tortillas/ Taco Sliders

For the marinade:

1/2 cup Greek yogurt

2 tsp ginger paste

2 tsp garlic paste or 3 plump garlic cloves, minced

1/4 tsp turmeric powder

1/2 tsp red chili powder

1/2 tsp garam masala powder

1 tbsp lime juice

1/4 tsp dried fenugreek leaves (*optional*)

a pinch carom seeds (*optional*)

salt to taste

Preparation:

Cut the paneer and bell pepper into one inch cubes.

Whisk all the marinade ingredients together. Add the cubed paneer and peppers and toss to coat. Let it marinate for 20-30 mins.

Make in on the stove top:

Heat the oil in a cast iron or non-stick skillet. Add the paneer along with the marinade and cook on medium heat for about 7-10 mins, moving it around a few times to ensure that it cooks evenly. It's done when the paneer is soft and the marinade gets cooked into a thick glossy sauce that coats the paneer pieces.

Make it in the oven:

Pre-heat the oven to 400F. Grease a baking tray generously with the oil . Add the paneer along with the marinade and cook for about 15-18 mins turning the paneer once after ~10 mins until the paneer is soft and the marinade is cooked.

While the paneer is marinating, prepare the following toppings:

For the Cilantro Yogurt Spread:

1 small bunch cilantro, thick bottom stem discarded

Two sprigs mint leaves, about 12-15 leaves

1 small thai green chili

2 tbsp water

1/2 tsp salt

1/2 tsp cumin powder

1 tbsp lime juice

2 tbsp Greek yogurt

Add all ingredients listed above, except yogurt, to the blender and blend into a smooth paste.

In a separate bowl, add the Greek yogurt and whip it smooth. Add in the cilantro paste and incorporate it into the yogurt to make a beautiful bright green spread. Taste and adjust the seasoning.

Other toppings:

Onions, finely sliced

Purple cabbage, finely sliced

Cilantro, roughly torn

Fresh lime wedges for squeezing on top

To assemble:

1. Spread the green cilantro sauce on the tortilla.
2. Place the cooked paneer & pepper filling along the diameter.
3. Top with finely chopped onions, purple cabbage, cilantro and a squeeze of lime.

Recipe Notes:

Definitely use Greek yogurt for the marinade. Regular yogurt has a lot of whey which will make the cooked filling wet. If regular yogurt is all you have, strain the whey off by placing the yogurt in a fine mesh strainer over a bowl, overnight in the refrigerator. The whey will collect in the bowl to leave a much thicker and creamier yogurt with denser consistency.

Paneer can be replaced with tofu in a pinch, but the taste, although delicious, will not be the same.

You can tone down the spice level of the cilantro sauce (if needed) by adding more Greek yogurt. The paneer is very flavorful and the tikka tacos are quite capable of holding their own even without the cilantro sauce if you are in a time crunch.