

BHUTTE KE KABAB



EXTRAS
#50

ALSO WORKS A TREAT WITH...

- Corn on the cob - just cut the kernels from the cob and boil until tender

RAISE YOUR GAME BY...

Barbecuing corn on the cob then cutting off the kernels for a more dramatic, charred colour and flavour!



BHUTTE KE KABAB

Bhutte ke kabab are sweetcorn and paneer cheese kebabs from Punjab in Northwest India, where the food is renowned for its use of rich dairy products. They make a really satisfying starter for a curry dinner, or a delicious vegetarian main course with dhal, chutney and rice.

Prep 10 mins	Cook 20 mins
Heat 	Serves 4 with sides

198g **tin of sweetcorn** - including all the liquid from the tin

226g **paneer cheese** - coarsely grated

100g **breadcrumbs**

1 **egg** (any size)

2 tsp



HALDI BLEND

3 tsp



METHI BLEND

½ tsp



MIRCHI BLEND

1 Blend the sweetcorn (including all the liquid from the tin) with the egg, ½ tsp salt, 2 tsp **HALDI BLEND**, 3 tsp **METHI BLEND** and ½ tsp **MIRCHI BLEND** to a coarse puree

2 Mix the puree with the paneer and breadcrumbs to a firm, slightly sticky texture (adding extra breadcrumbs if necessary) then shape into 8 small burgers

3 Fry in 2 tbsp oil on a medium heat for 5 minutes on each side or until brown and crispy on both sides and cooked through to the centre

4 Serve with chutney as a starter, or dhal and rice for a main course