

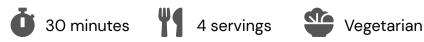
#### Product Spotlight: Coriander

All parts of the coriander are edible, including the stems and seeds. It has a fresh, sweet, lemon and nutty flavour that brings life to dishes.

## Curried Paneer

### with Caramelised Onion and Lentil Rice

Creamy paneer cheese cooked in curry paste served over lentil rice and caramelised onion with fresh and crunchy vegetable topping.



2 December 2022

# Spice it up!

Serve this dish with a delicious chutney or a dollop of natural yoghurt if you have some. It also goes well with crunchy pappadums.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES 17g 9g 44g

#### FROM YOUR BOX

PUY LENTILS/BROWN RICE	1 packet (300g)
BROWN ONION	1
CARROT	1
SNOW PEA SPROUTS	1 punnet
CORIANDER	1 packet
LEMON	1
PANEER CHEESE	2 packets
CURRY PASTE	1 sachet

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, sugar (of choice), vinegar (of choice)

#### **KEY UTENSILS**

large frypan, saucepan

#### NOTES

We used red wine vinegar and brown sugar to caramelise the onion. If preferred, you can cook the onion with the paneer cheese instead.



#### **1. COOK THE LENTIL RICE**

Add lentil and rice mix to a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes until tender. Drain and rinse.



#### **2. CARAMELISE THE ONION**

Heat a frypan over medium-high heat with oil. Slice and add onion. Cook for 5 minutes until soft. Stir in **1 tbsp vinegar** and **2 tsp sugar** (see notes). Cook for a further 5-7 minutes until caramelised. Season with **salt and pepper**. Remove from pan and set aside. Reserve pan.



#### **3. PREPARE FRESH TOPPING**

Meanwhile, grate or julienne carrot and halve snow pea sprouts. Chop coriander. Toss together with juice from 1/2 lemon (wedge remaining).



#### **4. COOK THE PANEER CHEESE**

Reheat frypan over medium-high heat with **oil**. Dice and add paneer cheese. Cook for 2-3 minutes each side until browned. Stir in curry paste and **1/2 cup water**. Cook for a further 3 minutes. Season with **salt and pepper** 



#### **5. FINISH AND SERVE**

Arrange lentil rice on a large serving plate. Top with paneer cheese, caramelised onion and fresh topping. Serve with lemon wedges.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

