




Product Spotlight: Paneer Cheese


Paneer is a type of cottage cheese used in Indian cuisine. It has a fresh and firm texture with a creamy flavour that's lovely in curry.



Paneer Jalfrezi with Stir-Fried Veg

Paneer and vegetables stir-fried in a custom Bengali spice mix, served over brown basmati rice with fresh green chilli and zingy lime.

 25 minutes

 4 servings

 Vegetarian

2 June 2023

Spice it up!

If you love heat, add the green chilli to the curry paste; if you don't, omit the chilli altogether. Garnish with herbs such as mint or coriander.

Per serve: **PROTEIN** 17g **TOTAL FAT** 10g **CARBOHYDRATES** 71g

FROM YOUR BOX

BROWN BASMATI RICE	300g
GINGER	60g
BROWN ONION	1
BENGALI SPICE MIX	1 packet
GREEN CAPSICUM	1
ZUCCHINI	1
TOMATOES	2
PANEER	2 packets
LIME	1
GREEN CHILLI	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan, food processor

NOTES

Remove seeds from chilli for a milder flavour.



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1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. MAKE THE SPICE PASTE

Peel and grate ginger. Roughly chop 1/2 onion (reserve remaining for step 3). Add to a food processor as you go, along with Bengali spice mix and **1 tbsp water**. Blend to a smooth paste.



3. PREPARE THE INGREDIENTS

Roughly chop remaining onion. Chop capsicum. Crescent zucchini and wedge tomatoes. Cut paneer into strips. Zest and wedge lime (reserve wedges for step 5).



4. STIR-FRY THE INGREDIENTS

Heat a large frypan over medium–high heat with **oil**. Add curry paste and cook for 1 minute. Add vegetables and paneer. Stir-fry for 6–8 minutes until vegetables begin to tenderise. Add lime zest and **1/3 cup water**. Cook for a further minute. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Thinly slice chilli (see notes).

Divide rice among bowls. Top with stir-fry. Garnish with chilli and lime wedges.

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