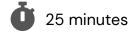






# Vegetable Paneer Jalfrezi

A light and flavourful tomato-base curry with cubes of paneer cheese served on fluffy basmati rice and finished with a squeeze of lime.





2 servings



# Switch it up!

You can BBQ the onion, capsicum and paneer cheese with the spice instead! Serve with rice or in roti or flatbreads with a yoghurt sauce.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

18g

26g

718

#### FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
GINGER	1 piece
JALFREZI SPICE MIX	1 packet
GREEN CAPSICUM	1
TINNED CHOPPED TOMATOES	400g
PANEER CHEESE	1 packet
LIME	1
GREEN CHILLI	1

#### FROM YOUR PANTRY

oil for cooking, salt, pepper

#### **KEY UTENSILS**

large frypan with lid, saucepan with lid

#### **NOTES**

You can deseed the chilli if you prefer less spice.



#### 1. COOK THE RICE

Place rice in a saucepan, cover with 300ml 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. SAUTÉ THE AROMATICS

Heat a large frypan over medium heat with oil. Slice and add onion. Peel and grate ginger and add to pan along with spice mix. Cook for 3-5 minutes until fragrant.



#### 3. ADD THE VEGETABLES

Slice capsicum and add to pan to cook for 2-3 minutes. Pour in chopped tomatoes along with 1/2 cup water and simmer for 5 minutes.



#### 4. COOK THE PANEER

Dice paneer and stir through. Cover and simmer for a further 5 minutes. Add juice from 1/2 lime and season to taste with salt and pepper.



### 5. FINISH AND SERVE

Slice chilli and use to garnish curry (see notes). Serve with lime wedges and rice at the table.



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