




### 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.



## 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.

 25 minutes

 2 servings

 Vegetarian

## 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
	26g	18g	71g

## 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.



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### 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.

**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**

