



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
	29g	26g	86g

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. Add a pinch of sugar or a stock stock if you like to round off the flavours a bit.

Jalfrezi spice mix: ground cumin, ground coriander, ground turmeric, fenugreek, ground cinnamon and ground cardamom



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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 medium-low 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** (wedge remaining) 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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