



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.



Curry-Fried Paneer and Spiced Relish Wraps

Paneer cheese pan-fried with curry powder and sautéed onion served in wraps with a mildly spiced tomato relish and fresh and crunchy vegetables.



20 minutes



4 servings



Vegetarian

Bulk it up!

To bulk this meal up, you can add crispy chickpeas, diced avocado or roasted vegetables like potatoes, sweet potato or pumpkin.

Per serve: **PROTEIN** 21g **TOTAL FAT** 26g **CARBOHYDRATES** 51g

FROM YOUR BOX

| | |
|----------------|-------------|
| CARROT | 1 |
| TOMATO | 1 |
| MINT | 1 bunch |
| MESCLUN LEAVES | 1 bag (60g) |
| BROWN ONION | 1 |
| PANEER CHEESE | 2 packets |
| WRAPS | 8-pack |
| RELISH | 1 jar |

FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder

KEY UTENSILS

2 frypans

NOTES

Curry powders vary in spice and heat, so use yours according to taste.

Warming the wraps is optional. Keep wraps warm in a clean tea towel.

No gluten option - wheat wraps are replaced with gluten-free wraps. Warm according to packet instructions.



1. PREPARE FRESH ELEMENTS

Julienne **carrot**. Slice **tomato**. Roughly chop **mint leaves**. Set aside with **mesclun** leaves.



2. SAUTÉ THE ONION

Heat a frypan over medium-high heat with **oil**. Slice **onion** and add to pan. Sauté for 5 minutes until onion begins to soften.



3. COOK THE PANEER

Dice **paneer**. Add to frypan along with extra **oil** and **1 tbsp curry powder** (see notes). Cook for 2-4 minutes each side until golden. Season with **salt and pepper**.



4. WARM THE WRAPS

Meanwhile, heat a second frypan over medium-high heat. Add **wraps** to pan and warm according to packet instructions (see notes).



5. FINISH AND SERVE

Serve wraps on plates with **relish**, paneer and fresh elements.



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