

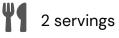


## Curried Paneer

### with Caramelised Onion and Lentil Rice

Creamy paneer cheese cooked in curry paste served over lentil rice and caramelised onion with fresh and crunchy vegetable topping.







# Spice it up!

Serve this dish with a delicious chutney or a dollop of natural yoghurt if you have some. It also goes well with crunchy pappadums.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

#### FROM YOUR BOX

PUY LENTILS/BROWN RICE	1 packet (150g)
BROWN ONION	1
CARROT	1
SNOW PEA SPROUTS	1 punnet
CORIANDER	1 packet
LEMON	1
PANEER CHEESE	1 packet
CURRY PASTE	1 sachet

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, sugar (of choice), vinegar (of choice)

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

We used red wine vinegar and brown sugar to caramelise the onion. If preferred, you can cook the onion with the paneer cheese instead.



#### 1. COOK THE LENTIL RICE

Add lentil and rice mix to a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes until tender. Drain and rinse.



#### 2. CARAMELISE THE ONION

Heat a frypan over medium-high heat with oil. Slice and add onion. Cook for 5 minutes until soft. Stir in 1 tbsp vinegar and 2 tsp sugar (see notes). Cook for a further 5-7 minutes until caramelised. Season with salt and pepper. Remove from pan and set aside. Reserve pan.



#### 3. PREPARE FRESH TOPPING

Meanwhile, grate or julienne carrot and halve snow pea sprouts. Chop coriander. Toss together with juice from 1/2 lemon (wedge remaining).



#### 4. COOK THE PANEER CHEESE

Reheat frypan over medium-high heat with oil. Dice and add paneer cheese. Cook for 2-3 minutes each side until browned. Stir in curry paste and 1/3 cup water. Cook for a further 3 minutes. Season with salt and pepper.



#### **5. FINISH AND SERVE**

Arrange lentil rice on a large serving plate. Top with paneer cheese, caramelised onion and fresh topping. Serve with lemon wedges.





