



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Coriander

All parts of the coriander are edible, including the stems and seeds. It has a fresh, sweet, lemon and nutty flavour that brings life to dishes.



H2

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.



30 minutes



2 servings



Vegetarian

2 December 2022

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
	19g	9g	50g

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. CAMELISE 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.

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**

