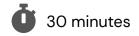


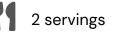
# Product Spotlight: Ginger

Ginger has a number of health benefits under its belt! It is considered both anti-inflammatory and immune boosting. Slice any leftover ginger and add to hot water for a nice herbal tea.

# Paneer Stuffed Pancakes

Chickpea flour pancakes stuffed with paneer cheese cooked in a spice mix and ginger, with veggies.









18 March 2022



Switch it up!

If you don't want to make the pancakes, save the chickpea flour for another day

and serve the paneer cheese and

vegetables with cooked rice.

#### FROM YOUR BOX

PANEER CHEESE	1 packet
ASIAN GREENS	2 bulbs
RED CAPSICUM	1
SHALLOT	1
GINGER	1 piece
CHICKPEA FLOUR	1 packet (165g)
MUSTARD SEED SPICE MIX	1 packet

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 egg, vinegar of choice

#### **KEY UTENSILS**

2 frypans

## NOTES

We recommend using a non-stick frypan to cook the pancakes. If you don't have a non-stick frypan add extra oil to prevent the pancakes from sticking.

The pancake is ready to flip when the edges look set and bubbles start to show. Alternatively, scan the QR code to see a video tip on how to make the pancakes.



# **1. PREPARE INGREDIENTS**

Cut paneer into cubes. Thinly slice Asian greens. Slice capsicum and wedge shallot. Peel and grate ginger.



## **2. PREPARE THE PANCAKES**

Beat egg in a large bowl. Add chickpea flour and 1 1/4 cups water. Season well with salt and whisk to combine.



## **3. COOK THE PANCAKES**

Heat frypan over medium-high heat with **1/2 tbsp oil.** When hot, add 1/2 cupfuls of batter, swirl batter around pan to evenly coat the base. Cook for 1 minute until set and golden (see notes). Flip and cook for a further minute. Repeat with remaining batter.



**4. COOK THE FILLING** 

Meanwhile, heat a second frypan over medium-high heat with **oil.** Add paneer, ginger and spice mix to pan. Cook for 3-4 minutes until golden. Add other prepared ingredients and cook, stirring, for 3-4 minutes until vegetables are tender. Season with **1 tsp vinegar, salt and pepper.** 



## **5. FINISH AND SERVE**

Divide pancakes among plates and spoon in paneer mixture. Fold up sides of pancakes to enclose.

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

