



### 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.



## H4 Paneer Stuffed Pancakes

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

 30 minutes

 4 servings

 Vegetarian

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.*

Per serve: **PROTEIN** 29g **TOTAL FAT** 13g **CARBOHYDRATES** 54g

## FROM YOUR BOX

PANEER CHEESE	2 packets
BABY WOMBOK CABBAGE	1
RED CAPSICUM	1
RED ONION	1
GINGER	1 piece
CHICKPEA FLOUR	1 packet (330g)
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 cabbage. Slice capsicum and wedge onion. Peel and grate ginger.



### 2. PREPARE THE PANCAKES

Beat **egg** in a large bowl. Add chickpea flour and **2 1/2 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 cabbage wilts. Season with **2 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**

