



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Baby Spinach


Baby spinach is regular spinach that has been harvested earlier. It is low in calories and fat-free, yet loaded with nutrients including vitamins A and K and folate!



## L2 Saag Paneer Curry with Basmati Rice

Delicious spinach curry flavoured with Island Curry's curry paste, served with fresh toppings, pan-fried paneer cheese and fluffy basmati rice.

 30 minutes

 2 servings

 Vegetarian

6 May 2022

## Use it up!

*This curry is a great dish to use up any bits and bobs left in your fridge. Dice zucchini, sweet potato, butternut pumpkin or potatoes. Add to the curry and simmer until tender.*

Per serve: **PROTEIN** 27g **TOTAL FAT** 11g **CARBOHYDRATES** 68g

## FROM YOUR BOX

BASMATI RICE	1 packet (150g)
CURRY PASTE	1 sachet
BABY SPINACH	1 bag (120g)
CHICKPEAS	1 packet
PANEER CHEESE	1 packet
TOMATO	1
GREEN CAPSICUM	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, vinegar of choice

## KEY UTENSILS

2 frypans, saucepan, stick mixer (or blender)

## NOTES

Add some spices such as mustard seeds, ground turmeric, coriander seeds or cumin seeds to the pan to flavour the paneer while cooking.



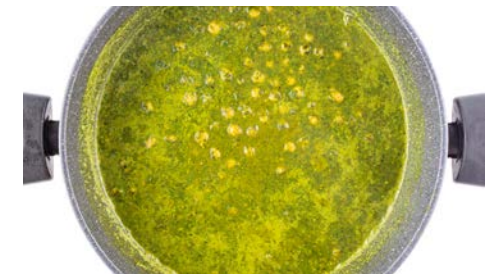
### 1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. MAKE THE CURRY

Heat a large frypan over medium–high heat with **oil**. Add curry paste and sauté for 1 minute. Add spinach along with **1 1/2 cups water** and cook, stirring for 1 minute. Remove from the heat and use a stick mixer to blend to a smooth consistency. Return to heat.



### 3. SIMMER THE CURRY

Pour chickpeas into curry and simmer, semi-covered, for 8 minutes. Season to taste with **salt and pepper**.



### 4. COOK THE PANEER

Heat a small frypan over medium–high heat with **oil**. Dice paneer and add to pan (see notes). Cook, turning occasionally, for 2–4 minutes or until browned on each side.



### 5. PREPARE THE TOPPING

Dice tomatoes and capsicum. Toss with **1 tsp vinegar, salt and pepper**.



### 6. FINISH AND SERVE

Divide rice among bowls. Spoon over curry and add paneer cheese and prepared toppings.

**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](mailto:hello@dinnertwist.com.au)

