



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Paneer Cheese


Paneer is a type of cottage cheese used in Indian cuisine. It has a fresh and firm texture with a creamy flavour that's lovely in curry.



## L2 Curry-Fried Paneer and Spiced Relish Wraps

Paneer cheese pan-fried with curry powder and sautéed onion served in wraps with a mildly spiced tomato relish and fresh and crunchy vegetables.

 20 minutes

 2 servings

 Vegetarian

28 October 2022

## Bulk it up!

*To bulk this meal up, you can add crispy chickpeas, diced avocado or roasted vegetables like potatoes, sweet potato or pumpkin.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	17g	18g	59g

## FROM YOUR BOX

CARROT	1
TOMATO	1
MINT	1 bunch
BROWN ONION	1
PANEER CHEESE	1 packet
WRAPS	8-pack
RELISH	1 jar

## FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder

## KEY UTENSILS

2 frypans

## NOTES

Curry powders vary in spice and heat, so use yours according to taste.

Warming the wraps is optional. Keep wraps warm in a clean tea towel.

**No gluten option** – wheat wraps are replaced with **gluten-free wraps**. Warm according to packet instructions.



### 1. PREPARE FRESH ELEMENTS

Julienne carrot. Slice tomato. Roughly chop mint leaves.



### 2. SAUTÉ THE ONION

Heat a frypan over medium-high heat with **oil**. Slice onion and add to pan. Sauté for 5 minutes until onion begins to soften.



### 3. COOK THE PANEER

Dice paneer. Add to frypan along with extra **oil** and **2 tsp curry powder** (see notes). Cook for 2-4 minutes each side until golden. Season with **salt and pepper**.



### 4. WARM THE WRAPS

Meanwhile, heat a second frypan over medium-high heat. Add wraps to pan and warm according to packet instructions (see notes).



### 5. FINISH AND SERVE

Serve wraps on plates with relish, paneer and fresh elements.

**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)

