



Product Spotlight: Stone Fruit

Stone fruit is a healthy way to include vitamins and minerals in your diet.

Choose a semi-firm fruit for a nutritious snack, or serve it sliced with a drizzle of honey for dessert!



Paneer and Stone Fruit Flatbreads

Crispy chickpeas served on Mughal Food's wraps with chargrilled capsicum dip, BBQ'd stone fruit and pan-fried paneer cheese.



25 minutes



2 servings



Vegetarian

30 December 2022

Spice it up!

For extra flavour, drizzle balsamic glaze over finished dish, squeeze over some lemon juice or sprinkle over some dried chilli flakes.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	22g	78g

FROM YOUR BOX

TINNED CHICKPEAS	400g
PANEER CHEESE	1 packet
STONE FRUIT	1
RED CAPSICUM	1
CHAPATIS/WRAPPS	1 packet
CHARGRILLED CAPSICUM DIP	1 sachet
ROCKET LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, fennel seeds

KEY UTENSILS

frypan, BBQ

NOTES

The paneer can be cooked on the BBQ instead of in a pan if desired.

Dress the rocket leaves with olive oil and vinegar if desired.

No gluten option - wraps are replaced with GF flatbread. Halve flatbread lengthways and follow packet instructions to warm. Use flatbread to serve as open-faced sandwiches.

Chargrilled capsicum dip - Chargrilled capsicum (peppers, vinegar, salt, sugar), canola oil (non-GM), sun-dried tomatoes (tomatoes, salt), onion, garlic, white vinegar, lemon juice, parsley, powdered vinegar, cumin seeds, pepper.



1. CRISP THE CHICKPEAS

Drain and rinse chickpeas. Use a clean tea towel or paper towel to pat them dry.

Heat a frypan over medium-high heat with **oil**. Add chickpeas to pan with **2 tsp fennel seeds**. Toast for 4-6 minutes until chickpeas are crispy. Season with **salt and pepper**, remove to a plate and reserve pan.



2. COOK THE PANEER

Cut paneer into cubes. Add extra **oil** to pan if necessary (see notes). Add paneer and cook for 2-3 minutes each side until golden.



3. BBQ THE STONE FRUIT

Heat a BBQ over medium-high heat with **oil**. Wedge stone fruit and slice capsicum. Add to BBQ and cook for 2 minutes each side.



4. WARM THE WRAPS

Add wraps to frypan (or BBQ if desired). Cook to warm through.



5. LOOSEN THE DIP

Add capsicum dip to a bowl along with **1 tbsp water**. Stir to loosen.



6. FINISH AND SERVE

Take all the elements to the table for everyone to assemble their own wraps (see notes).

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

