



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!



L4 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

 4 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** 26g **TOTAL FAT** 13g **CARBOHYDRATES** 62g

FROM YOUR BOX

BASMATI RICE	1 packet (300g)
CURRY PASTE	2 sachets
BABY SPINACH	1 bag (200g)
TINNED CHICKPEAS	2 x 400g
PANEER CHEESE	2 packets
TOMATOES	2
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.



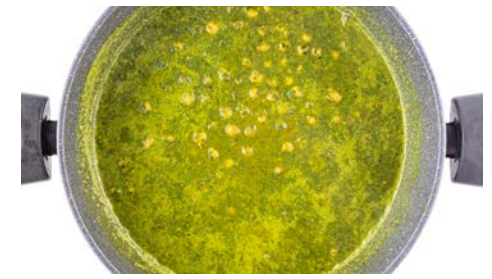
1. COOK THE RICE

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 cup 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 (including liquid) 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 **2 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

