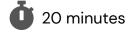




Curry-Fried Paneer

and Spiced Relish Wraps

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





4 servings



Bulk it up!

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

TOTAL FAT CARBOHYDRATES

17g

64g

FROM YOUR BOX

CARROT	1
ТОМАТО	1
MINT	1 bunch
MESCLUN LEAVES	1 bag (120g)
BROWN ONION	1
PANEER CHEESE	2 packets
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. Set aside with mesclun 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 1 tbsp 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.



