



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.



L4 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.

 20 minutes

 4 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	16g	64g

FROM YOUR BOX

CARROT	1
TOMATO	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.

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

