



Product Spotlight: Chickpeas


Chickpeas are large white peas with a nutty flavour. Like many legumes, they are low-fat, high-protein, fibre rich, vitamin and mineral dense food.



L4 Palak Chole with Paneer Cheese

A delicious Northern Indian style curry made with chickpeas and baby spinach served over basmati rice with pan-fried paneer cheese.

 30 minutes

 4 servings

 Vegetarian

1 April 2022

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	10g	50g

FROM YOUR BOX

BASMATI RICE	1 packet (300g)
BROWN ONION	1
TOMATOES	2
GINGER	1 piece
SPICE MIX	1 packet
TINNED CHICKPEAS	400g
PANEER CHEESE	2 packets
BABY SPINACH	1 bag (200g)

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

2 saucepans, frypan

NOTES

We used coconut oil for extra flavour.

Blend the onion, ginger and spice mix to make a smooth curry paste if desired.

Garnish with some slices of green chilli or dollop over chutney of choice if desired.



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. SAUTÉ THE AROMATICS

Heat a second saucepan over medium-high heat with **oil** (see notes). Slice onion and chop tomatoes. Peel and grate ginger. Add to pan as you go along with spice mix. Sauté for 2 minutes.



3. SIMMER THE CURRY

Pour chickpeas (including liquid) and **1 tin water** into saucepan. Stir to combine. Simmer, covered, for 8 minutes. Season with **salt and pepper**.



4. COOK PANEER CHEESE

Heat a frypan over medium-high heat with **oil**. Dice paneer cheese and add to pan. Cook, turning occasionally, for 3–5 minutes or until browned.



5. ADD THE BABY SPINACH

Add baby spinach to curry and cook, stirring, until wilted.



6. FINISH AND SERVE

Evenly divide rice among bowls. Spoon over curry and serve with paneer cheese (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**

