



### 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

 4 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
	20g	20g	64g

## FROM YOUR BOX

TINNED CHICKPEAS	400g
PANEER CHEESE	2 packets
STONE FRUIT	2
RED CAPSICUM	1
CHAPATIS/WRAPPS	1 packet
CHARGRILLED CAPSICUM DIP	1 sachet
ROCKET LEAVES	1 bag (120g)

## 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**

