



### Product Spotlight: Sweet Potatoes

Sweet potato is high in fibre, very filling, and has a delicious sweet taste. Full of vitamin A and potassium, it packs a powerful nutritional punch!



## Baked Paneer with Charred Corn Salad

All the colours of the rainbow in this dish. Roasted sweet potato and cherry tomatoes, charred corn and kaleslaw. Topped with lemony baked paneer cheese and finished with a sweet chilli dressing.



25 minutes



2 servings



Vegetarian

### Spice it up!

*When baking the paneer, add some ground cumin, coriander or chilli flakes for extra flavour. Cut the sweet potatoes into rounds for a faster finish.*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 26g     | 36g       | 44g           |

## FROM YOUR BOX

|                 |          |
|-----------------|----------|
| SWEET POTATO    | 400g     |
| CHERRY TOMATOES | 200g     |
| PANEER CHEESE   | 1 packet |
| LEMON           | 1        |
| CORN COB        | 1        |
| KALESRAW        | 400g     |

## FROM YOUR PANTRY

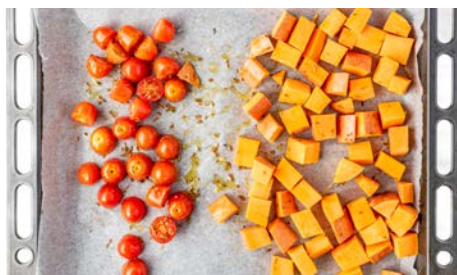
oil for cooking, olive oil, salt, pepper, cumin seeds, sweet chilli sauce

## KEY UTENSILS

2 oven trays, frypan

## NOTES

You can pan-fry the paneer if preferred.



### 1. ROAST SWEET POTATOES

Set the oven to 220°C.

Dice **sweet potato** and halve **cherry tomatoes**. Toss on a lined oven tray with **1/2 tbsp cumin seeds, oil, salt and pepper**. Roast for 20 minutes or until tender.



### 4. DRESS THE SLAW

In a bowl whisk together **2 tbsp olive oil, 1/2 lemon juice** (wedge remaining), **2 tbsp sweet chilli sauce, salt and pepper**.

Toss **1/2 dressing** with **kaleslaw** and mix well.



### 2. BAKE THE PANEER

Cut **paneer** into 1 cm thick slices and place on a lined oven tray (see notes). **Zest lemon to yield 1 tbsp**. Coat **paneer** in **olive oil, lemon zest and salt**. Bake for 15 minutes or until golden.



### 5. FINISH AND SERVE

Toss **charred corn** with **sweet potato** and **cherry tomatoes** on the tray.

Divide **slaw** among plates. Top with **vegetables** and **paneer slices**. Drizzle with remaining **sweet chilli dressing** (to taste) and serve with **lemon wedges**.



### 3. CHAR THE CORN

Heat a frypan over high heat with **oil**. Remove **kernels** from **corn cob** and add to pan. Cook, stirring for 3-4 minutes, until beginning to char.



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