



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
	29g	39g	76g

FROM YOUR BOX

SWEET POTATOES	400g
CHERRY TOMATOES	200g
PANEER CHEESE	1 packet
LEMON	1
CORN COB	1
KALESRAW	400g

FROM YOUR PANTRY

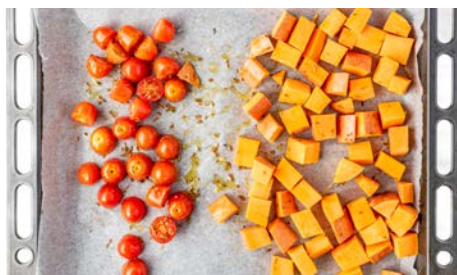
oil for cooking, olive oil, salt, pepper, cumin seeds, sweet chilli sauce

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 potatoes** 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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