

**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.



## Curry-Fried Paneer and Spiced Relish Wraps

Paneer cheese pan-fried with curry powder and sautéed onion served in wraps with a mildly spiced tomato relish and fresh and crunchy vegetables.



20 minutes



2 servings



Vegetarian

## 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
	26g	30g	96g

## FROM YOUR BOX

CARROT	1
TOMATO	1
MINT	1 bunch
BROWN ONION	1
PANEER CHEESE	1 packet
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**.



### 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 **2 tsp 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.



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