

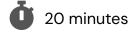




Curry-Fried Paneer

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.





2 servings



Bulk it up!

To bulk this meal up, you can add crispy chickpeas, diced avocado or roasted vegetables like potatoes, sweet potato or pumpkin.

FROM YOUR BOX

CARROT	1
ТОМАТО	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.





