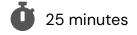


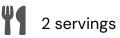




Vegetable Paneer Jalfrezi

A light and flavourful tomato-base curry with cubes of paneer cheese served on fluffy basmati rice and finished with a squeeze of lime.





Vegetarian

Switch it up!

You can BBQ the onion, capsicum and paneer cheese with the spice instead! Serve with rice or in roti or flatbreads with a yoghurt sauce.

TOTAL FAT CARBOHYDRATES

58g

FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
GINGER	1 piece
JALFREZI SPICE MIX	1 packet
GREEN CAPSICUM	1
TINNED CHOPPED TOMATOES	400g
PANEER CHEESE	1 packet
LIME	1
GREEN CHILLI	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan with lid, saucepan with lid

NOTES

You can deseed the chilli if you prefer less spice.

Jalfrezi spice mix: ground cumin, ground coriander, ground turmeric, fenugreek, ground cinnamon and ground cardamom





1. COOK THE RICE

Place rice in a saucepan, cover with 300ml water. Bring to a boil. Cover with a lid and reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. SAUTÉ THE AROMATICS

Heat a large frypan over medium heat with oil. Slice and add onion. Peel and grate ginger and add to pan along with spice mix. Cook for 3-5 minutes until fragrant.



3. ADD THE VEGETABLES

Slice capsicum and add to pan to cook for 2-3 minutes. Pour in chopped tomatoes along with 1/2 cup water and simmer for 5 minutes.



4. COOK THE PANEER

Dice paneer and stir through. Cover and simmer for a further 5 minutes. Add juice from 1/2 lime and season to taste with salt and pepper.



5. FINISH AND SERVE

Slice chilli and use to garnish curry (see notes). Serve with lime wedges and rice at the table.



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



