

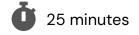




# **Baked Paneer**

# 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.





4 servings



# 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

31g

28g

31g

77g

### FROM YOUR BOX

SWEET POTATOES	800g
CHERRY TOMATOES	200g
PANEER CHEESE	2 packets
LEMON	1
CORN COB	1
KALESLAW	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.



# 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.



## 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.



# 4. DRESS THE SLAW

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

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



# **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.

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