


**Product Spotlight:
Lemon**

Thanks to its anti-bacterial properties, lemon juice mixed with hot water is a great remedy for a sore throat!



Saag Paneer with Cocktail Naan

A comforting, classic curry! This saag paneer uses a custom spice blend to bring flavour to English spinach and is served with pan-fried paneer, basmati rice and cocktail naan.



30 minutes



4 servings



Vegetarian

Spice it up!

Add a sprinkle of ground chilli powder at step 3, or serve the finished dish with green or red chilli slices.

Per serve: **PROTEIN** 38g **TOTAL FAT** 55g **CARBOHYDRATES** 99g

FROM YOUR BOX

BASMATI RICE	300g
BROWN ONION	1
TOMATOES	2
GINGER	1 piece
GARLIC	2 cloves
SAAG SPICE MIX	1 packet
ENGLISH SPINACH	2 bunches
COCONUT MILK	400ml
PANEER CHEESE	2 packets
COCKTAIL NAAN	9-pack
LEMON	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube of choice, ground turmeric

KEY UTENSILS

frypan, 2 saucepans, stick mixer

NOTES

Trim the ends off your English spinach and soak it in cold water to remove sand from the stems and leaves.

Blending part of the curry will give you the lovely green colour and still leave you with the texture of the vegetables. Blend the full curry to hide vegetables if desired.

Saag spice mix: ground cumin, ground coriander, ground cardamom, ground fenugreek, coconut sugar.

No gluten option - cocktail naan are replaced with ready-to-eat pappadums. Serve pappadums with curry.



1. COOK THE RICE

Place rice in a saucepan with **1/2 tsp turmeric**. Cover with **600ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. SAUTÉ THE AROMATICS

Heat a large saucepan over medium-high heat with **oil**. Roughly dice onion and tomatoes, peel and grate ginger, crush garlic. Add to pan as you go and sauté for 3 minutes. Add spice mix and **2 tbsp water**. Cook for a further 1 minute.



3. SIMMER & BLEND CURRY

Trim and roughly chop spinach (see notes). Add to pan. Add **crumbled stock cube** and pour in coconut milk and **1 tin water**. Simmer, covered, for 10 minutes. Use a stick mixer to blend half the curry (see notes).



4. COOK THE PANEER

Heat a frypan over medium-high heat with **oil**. Cube paneer and add to pan. Cook, turning, for 3-5 minutes until browned. Remove from pan and keep pan over heat (see step 5).



5. WARM THE NAAN

Add extra **oil** to pan along with naan. Cook for 1-2 minutes on each side until golden and warmed through.



6. FINISH AND SERVE

Season curry with juice from 1/2 lemon (wedge remaining), **salt and pepper**.

Divide rice among bowls. Ladle over curry. Top with panner and serve with naan and lemon wedges.

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