

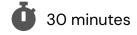


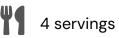


Saag Paneer

with Crispy Chickpeas

A comforting curry of spiced spinach and coconut, topped with crispy chickpeas and golden paneer. Served with turmeric rice and lemon wedges.







Spice it up!

Stir in chilli powder with the spice mix, or serve with fresh green or red chilli for extra heat.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

31g 42g

75g

FROM YOUR BOX

BASMATI RICE	300g
CHICKPEAS	2x 400g
PANEER CHEESE	2 packets
LEMON	1
BROWN ONION	1
TOMATOES	2
GINGER	1 piece
GARLIC CLOVES	2
SAAG SPICE MIX	1 packet
SPINACH	2 bags
COCONUT MILK	400ml

FROM YOUR PANTRY

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

KEY UTENSILS

2 saucepans, oven tray, stick mixer

NOTES

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, chilli powder.



1. COOK THE RICE

Set oven to 220°C.

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 medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



3. SIMMER & BLEND CURRY

Roughly chop **spinach** and add to the pan along with **coconut milk**, **1 crumbled stock cube** and **2 cups water**. Cover and simmer for 10 minutes. Blend half the curry using a stick mixer (or all, for a smoother texture—see notes).



2. ROAST PANEER & CHICKPEAS

Drain and rinse **chickpeas**, pat dry. Dice **paneer**. Toss **chickpeas** with **lemon zest**, **2 tbsp oil**, **salt** and **pepper** on a lined tray. Add **paneer**, drizzle with a little more **oil** and roast for 15 minutes, until golden.



4. SAUTÉ THE AROMATICS

Roughly dice the onion and tomatoes, grate the ginger and crush garlic. Heat a large saucepan over medium-high heat with a splash of oil. Add aromatics and sauté for 3 minutes. Add the saag spice mix and 2 tbsp water, and cook for 1 minute until fragrant.



5. FINISH AND SERVE

Stir through the **juice of 1/2 lemon**, and season the curry with **salt** and **pepper**.

To serve, divide **rice** between bowls, ladle over the **saag curry**, and top with the **roasted paneer and chickpeas**. Serve **lemon wedges** on the side.

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