



Product Spotlight: Paneer Cheese

Paneer is a type of cottage cheese used in Indian cuisine. It has a fresh and firm texture with a creamy flavour that's lovely in curry.



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 lemon.



25 minutes



4 servings



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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	13g	9g	35g

FROM YOUR BOX

BASMATI RICE	300g
BROWN ONION	1
GINGER	1 piece
JALFREZI SPICE MIX	1 packet
GREEN CAPSICUM	1
RED CAPSICUM	1
TINNED CHOPPED TOMATOES	400g
PANEER CHEESE	2 packets
LEMON	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.



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1. COOK THE RICE

Place rice in a saucepan, 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 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 capsicums and add to pan to cook for 2–3 minutes. Pour in chopped tomatoes along with **200ml 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 lemon (wedge remaining) and season to taste with **salt and pepper**.



5. FINISH AND SERVE

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

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