



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 lime.



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
	19g	37g	58g

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
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 **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.



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 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.



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