

**Product Spotlight:
Lemon**

A squeeze of lemon adds brightness to rich curries. Try it over the saag or stirred into yoghurt for a tangy finish.



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.



30 minutes



4/6 servings



Vegetarian

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
4/6 Person:	36g	33g/40g	74g/65g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
CHICKPEAS	2 x 400g	2 x 400g
PANEER CHEESE	2 packets	3 packets
LEMON	1	1
BROWN ONION	1	1
TOMATOES	2	3
GINGER	1 piece	2 pieces
GARLIC CLOVES	2	3
SAAG SPICE MIX	1 packet	2 packets
BABY SPINACH	2 x 200g	2 x 200g
COCONUT MILK	400ml	2 x 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 **1/2–1 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.

6P – cover rice with 900ml water.



4. 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).

6P – add 2 x coconut and 1/2 cup water.



2. ROAST PANEER & CHICKPEAS

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



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.



3. SAUTÉ THE AROMATICS

Roughly dice **onion** and **tomato**, grate **ginger** and crush **garlic**.

Cook all in a large pan with **oil** over medium–high heat for 3 minutes. Add the **saag spice mix** and **2 tbsp water**, and cook for 1 minute until fragrant.

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