



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Paneer

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.



## 3 Bengal Paneer with Caramelised Onion Rice

Creamy paneer cheese cooked in a bengal curry paste, served over lentil rice and topped with caramelised onion.



30 mins



2 servings



Vegetarian

22 March 2021

## Spice it up!

Serve this dish with a nice fruit chutney or dollop of natural yoghurt if you have some. It also goes well with crunchy pappadums!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	17g	9g	71g



## FROM YOUR BOX

PUY LENTILS/BROWN RICE	150g
BROWN ONION	1
CARROT	1
SUGAR SNAP PEAS	1/2 bag (75g) *
RADISHES	1/3 bunch *
CORIANDER	1/2 packet *
LEMON	1
PANEER CHEESE	1 packet
CURRY PASTE	1 sachet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, sugar (of choice), vinegar (of choice)

## KEY UTENSILS

large frypan, saucepan

## NOTES

We used red wine vinegar and brown sugar to caramelise the onion. If preferred, you can cook the onion with the paneer cheese instead.



### 1. COOK THE LENTIL RICE

Add lentil and rice mix to a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes until tender. Drain and rinse.



### 2. CARMELISE THE ONION

Heat a frypan over medium-high heat with **oil**. Slice and add onion. Cook for 5 minutes until soft. Stir in **1 tbsp vinegar** and **2 tsp sugar**. Cook for a further 5-7 minutes until caramelised. Season with **salt and pepper**. Remove from pan and set aside.



### 3. PREPARE THE SALAD

Meanwhile, grate or julienne carrot, trim and slice sugar snap peas. Slice radishes. Chop coriander. Toss together with 1/2 lemon juice (wedge remaining).



### 4. COOK PANEER CHEESE

Reheat frypan over medium-high heat with **oil**. Dice and add paneer cheese. Cook for 2-3 minutes until browned. Stir in curry paste and **3/4 cup water**. Cook for a further 5 minutes. Season with **salt and pepper**



### 5. FINISH AND PLATE

Arrange lentil rice on a large serving plate. Top with paneer cheese and caramelised onion. Serve with side of salad and lemon wedges.

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