



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Ord River Chickpeas

These are the only chickpeas to be proudly grown in WA. They are a Kabuli variety of chickpea and are grown along the Ord River in the Kimberley region.



## 3 Saag Paneer Curry

Spinach curry with cauliflower, Kabuli chickpeas and paneer cheese.

 30 mins

 2 servings

 Vegetarian

11 June 2021

*Make it creamy!*

*Add a splash of cream to your curry once it has finished cooking for a richer flavour.*

Per serve: **PROTEIN** 43g **TOTAL FAT** 21g **CARBOHYDRATES** 94g

## FROM YOUR BOX

FLATBREAD MIX	1 packet (150g)
GINGER	1 piece
RED ONION	1/2 *
GARLIC	1 clove *
SPINACH	1 bag (200g)
CAULIFLOWER	1/2 *
CHICKPEAS	1
PANEER CHEESE	1 packet
LEMON	1/2 *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, garam masala, cumin seeds

## KEY UTENSILS

large frypan, oven tray, stick mixer (or small blender), small frypan

## NOTES

The mix should be thickened before you pour it onto the lined oven tray. You can also add other spices such as fennel seeds and garlic flakes to the top before baking.

If you want to add chilli to this curry, add 1 green chilli into the blender to make the paste.

It is recommended to cook this curry in butter or ghee, but if you prefer not to use butter, try coconut oil.

You may need to return your spinach mixture to a jug to blend it to a smooth consistency.



### 1. SOAK FLATBREAD MIX

Set oven to 180°C. In a large bowl whisk together flat bread mix with **3/4 cup water**. Set aside for 10 minutes (see notes). Once soaked, pour on a lined oven tray, using a spatular to even out. Drizzle with **olive oil**, sprinkle over **cumin seeds and salt**. Bake for 20-25 minutes.



### 2. MAKE THE PASTE

Peel ginger, add to a small blender with roughly chopped red onion and garlic cloves (see notes). Use a stick mixer to blend to smooth paste.



### 3. SAUTÉ AROMATICS

Heat a large frypan over medium heat with **1 tbsp butter** (see notes). Add the paste with **1 tbsp garam masala**, and **1 tsp cumin seeds**. Sauté for 2-3 minutes until fragrant. Add spinach with **1/2 cup water**, stir through to wilt. Use stick mixer to blend curry to a smooth consistency (see notes).



### 4. ADD VEGETABLES

Cut the cauliflower into florets, add to pan as you go. Pour in chickpeas. Simmer covered for 5 minutes, season with **salt and pepper**.



### 5. COOK PANEER

Heat second frypan over medium-high heat with **oil**. Dice paneer cheese and add to pan. Cook for 2-3 minutes until brown on each side.



### 6. FINISH AND PLATE

Evenly divide curry among shallow bowls. Top with paneer cheese, flat bread, and lemon wedges.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

