

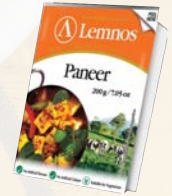


DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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

 4 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** 16g **TOTAL FAT** 9g **CARBOHYDRATES** 54g

FROM YOUR BOX

PUY LENTILS/BROWN RICE	300g
BROWN ONION	1
CARROT	1
SUGAR SNAP PEAS	1/2 bag (125g) *
RADISHES	1/2 bunch *
CORIANDER	1/2 packet *
LEMON	1
PANEER CHEESE	2 packets
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 caramelize 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 a boil and simmer for 15–20 minutes until tender. Drain and rinse.



2. CARAMELISE 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 **1/2 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.

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

