



UCOOK

Succulent Paneer Kebabs

with homemade raita, toasty rotis & a carrot sultana salad

Make restaurant quality paneer skewers in the comfort of your own kitchen! Cubes of paneer cheese, fragrant onion and sweet bell peppers are marinated in a rich curry paste. Served with homemade raita, a carrot salad, and sprinkled with fresh coriander.

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Ella Nasser

 Vegetarian

 Fat Bastard | Chardonnay

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Ingredients & Prep

2	Wooden Skewers
45ml	Low Fat Plain Yoghurt
50g	Cucumber <i>diced</i>
15ml	White Wine Vinegar
120g	Carrot <i>peeled (optional) & grated or peeled into ribbons</i>
20g	Sultanas
1	Red Onion <i>peeled & ¼ finely sliced & ¼ cut into wedges</i>
1	Red Bell Pepper <i>½ rinsed, deseeded & cut into 2cm pieces</i>
100g	Paneer Cheese <i>drained & cut into 2-3cm cubes</i>
15ml	Spice & All Things Nice Tikka Curry Paste
1	Roti
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. RAITA HOME ABOUT IT Preheat the oven to 200°C. Place the skewers in a shallow dish, cover with water, and allow to soak for 10 minutes (this prevents them from burning when over the heat). In a bowl, combine the yoghurt, diced cucumber, and seasoning. Set aside.

2. FLAVOUR TOWN In a bowl, combine the white wine vinegar, a drizzle of oil, seasoning, and a sweetener of choice. Mix until the sweetener has fully dissolved. Add the grated or peeled carrot, ½ the sultanas, and the sliced onion. Toss until fully combined and set aside. Separate the layers of the onion wedges into petals.

3. THREAD & BAKE Toss the onion petals, pepper pieces, and paneer cubes with a drizzle of oil and the curry paste. Thread 1 paneer cube, 2-3 onion petals and 2-3 sliced peppers on a skewer, making sure they are secure. Repeat in the same order, filling up each skewer until all the skewers are full. Place the loaded skewers on a greased baking tray with any of the remaining onion petals and peppers. Pop in the hot oven and bake for 10-12 minutes until the onions and peppers are soft and cooked through.

4. RAVISHING ROTIS Place a pan over a medium heat. When hot, warm the roti for 30-60 seconds per side until heated through and lightly toasted. Alternatively, place on a plate and heat up in the microwave for 30-60 seconds. Once heated, place on a plate and cover with a tea towel to keep warm.

5. THE PANEER IS HERE! Plate up the colourful paneer skewers. Side with the sultana carrot salad, the warmed rotis, and the remaining roasted onions and peppers. Serve with the homemade raita for dunking. Sprinkle over the chopped coriander and the remaining sultanas. Dig in, Chef!

Nutritional Information

Per 100g

Energy	450kj
Energy	114Kcal
Protein	5.2g
Carbs	12g
of which sugars	5.2g
Fibre	1.8g
Fat	4.1g
of which saturated	2.6g
Sodium	98mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Soy

Cook
within 3
Days