



UCOOK

Creamy Paneer Butter Masala

with white basmati rice, spinach, raita & a roti

Something glorious awaits you in this dish! An unusual but delicious hidden gem - Paneer or 'Indian Cottage Cheese'. This cheese has been combined with traditional Indian fragrances of chilli, garlic and ginger - highlighting it in the most flavourful way! Served with fluffy coriander laced basmati rice and a warm roti.

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Vegetarian

 Warwick Wine Estate | First Lady Chardonnay

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Ingredients & Prep

75ml	White Basmati Rice
2	Plum Tomatoes
1	Onion <i>½ peeled & roughly diced</i>
1	Garlic Clove <i>peeled & grated</i>
10g	Fresh Ginger <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
15ml	Butter Masala Curry Paste
1	Whole Wheat Roti
65ml	Fresh Cream
50g	Spinach <i>rinsed & roughly shredded</i>
100g	Paneer <i>drained & cut into cubes</i>
4g	Fresh Coriander <i>rinsed & roughly chopped</i>
30ml	Cucumber Raita

From Your Kitchen

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

1. THE FLUFFIEST RICE Boil the kettle. Rinse the rice and place in a pot over a medium-high heat. Submerge in 225ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork. Replace the lid and set aside to keep warm.

2. UNDRESS THE TOMATOES Using a sharp knife, make a small cross at the base of the tomatoes. Place in a bowl, submerge in boiling water, and set aside for 5 minutes. Drain on completion and rinse under cold water. Peel off and discard the skin, and roughly chop the flesh.

3. BUILD THE CURRY BASE Place a pan over a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Stir through the grated garlic and ginger, the chopped tomato, and the sliced chilli to taste. Cook for 6-8 minutes until the tomato is soft.

4. TIME TO GET SAUCY Once the sauce is cooked, remove the pan from the heat and stir in 125ml of water. Pour into a blender and pulse until smooth. Transfer to a bowl and set aside. Wipe down the pan and return it to a medium heat. Add in 5g of butter and the curry paste to taste. Fry for 1-2 minutes until combined, shifting constantly. Pour in the tomato sauce and mix in 5ml of a sweetener of choice. Bring to a gentle simmer and cook for 10-15 minutes until reduced and thickened.

5. ROTI & PANEER Place a clean 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, remove from the pan and cover with a tea towel to keep warm. When the curry sauce has thickened, mix in the cream, shredded spinach, and paneer pieces. Cook for 2-3 minutes until the spinach has wilted, stirring continuously. Remove from the heat on completion. Stir $\frac{3}{4}$ of the chopped coriander through the rice.

6. IT'S MUNCH TIME! Plate up some steamy coriander rice and spoon over the thick butter paneer. Dollop with the raita and sprinkle over the remaining coriander. Side with the warm roti and tuck in!



Chef's Tip

Paneer or "Indian cottage cheese" is a fresh cheese common in Indian cuisine. It's made by curdling milk with an acid. The fact that it's non-melting makes it a perfect vegetarian protein for curry!

Nutritional Information

Per 100g

Energy	648kj
Energy	161Kcal
Protein	6.1g
Carbs	16g
of which sugars	2.9g
Fibre	1.5g
Fat	7.3g
of which saturated	4.5g
Sodium	188mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook
within 3
Days