



UCCOOK

Indian Paneer Curry

with a toasted roti & fresh coriander

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	508kj	3059kj
Energy	122kcal	732kcal
Protein	6.2g	37.3g
Carbs	13g	80g
of which sugars	4.6g	27.7g
Fibre	2.5g	14.8g
Fat	4.7g	28.2g
of which saturated	2.9g	17.3g
Sodium	191mg	1147mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Soy

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Paneer Cheese <i>chop into 1cm thick cubes</i>
360g	480g	Carrot <i>rinse, trim, peel & cut into small bite-sized pieces</i>
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely chop</i>
45ml	60ml	NOMU Indian Rub
300ml	400ml	Tomato Passata
120g	160g	Peas
3	4	Rotis
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Paper Towel

Seasoning (salt & pepper)

1. PERFECT PANEER Place a pan over medium heat with a drizzle of oil. When hot, fry the paneer until crispy and golden, 1-2 minutes per side. Remove from the pan and drain on paper towel.

2. CURRY BASE Return the pan to medium heat with a drizzle of oil if necessary. When hot, fry the carrot and the onion until the onion is soft, 6-8 minutes. Add the chilli (to taste) and the NOMU rub, and fry until fragrant, 1-2 minutes. Pour in the tomato passata and 450ml [600ml] of water. Simmer until thickened and the carrots are cooked through, 12-15 minutes. Stir through the crispy paneer and the peas until heated through, 2-3 minutes. Remove from the heat, add a sweetener (to taste), and season.

3. TOASTED ROTI Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

4. ENJOY THE CURRY! Bowl up the paneer curry and side with the toasted roti. Garnish with the coriander and any remaining chilli.