

# UCOOK

## Tandoori Paneer Wraps

with a herby sauce & fresh apple

Prepare your palate for a unique meal, using ingredients such as paneer cheese and a homemade green chutney that will surely be culinary firsts! Toasted roti is loaded with oven roasted carrots & onions, grilled slabs of paneer cheese, apple matchsticks, and a scrumptious sauce featuring chilli, fresh herbs, nuts, yoghurt, lemon juice & apple.

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**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure

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 Veggie

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 Creation Wines | Creation Chenin Blanc

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## Ingredients & Prep

360g	Carrot <i>rinse, trim, peel &amp; cut into wedges</i>
2	Onions <i>peel &amp; cut into wedges</i>
300g	Paneer Cheese <i>slice lengthways into 1cm thick slabs</i>
30ml	NOMU Tandoori Rub
16g	Mixed Herbs <i>(9g Fresh Coriander &amp; 8g Fresh Mint)</i>
30g	Cashew Nuts <i>roughly chop</i>
2	Fresh Chillies <i>rinse, trim, deseed &amp; roughly chop</i>
125ml	Greek Yoghurt
30ml	Lemon Juice
1	Apple <i>rinse, peel, core, cut ½ into bite-sized pieces &amp; ½ into thin matchsticks</i>
6	Rotis

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Blender

**1. VEGGIE MEDLEY** Preheat the oven to 200°C. Spread the carrot & onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. SAY 'CHEESE'** In a bowl, coat the paneer slabs in a drizzle of oil, the NOMU rub, and seasoning. Set aside.

**3. CHOP & TOAST** Rinse, pick & roughly chop the mixed herbs. Set aside. Place the chopped cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. LET'S BLEND IN** Place the chopped herbs in a blender with ½ the toasted nuts, the chopped chilli (to taste), the yoghurt, the lemon juice, and the apple pieces. Blend until smooth. Loosen with water in 10ml increments until drizzling consistency. Remove from the blender and season.

**5. GRILLED PANEER** When the roast has 5-6 minutes remaining, turn the oven up to the grill setting and spread the marinated paneer slices on a separate roasting tray. Pop the tray into the oven for the remaining time.

**6. ON TO THE ROTI** While the paneer is in the oven, 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.

**7. HOW GOOD IS THAT?!** Layer the warm rotis with the roasted veggies, the baked paneer, and the apple matchsticks. Drizzle over the creamy green chutney, scatter over the remaining nuts, and fold up! Serve any remaining filling on the side.



## Chef's Tip

Air fryer method: Coat the carrot & onion wedges in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	634kJ
Energy	158kcal
Protein	6.4g
Carbs	19g
of which sugars	5.8g
Fibre	2.5g
Fat	5.7g
of which saturated	3g
Sodium	232mg

## Allergens

Gluten, Allium, Wheat, Tree Nuts, Soy, Cow's Milk

Cook  
within 3  
Days