



UCCOOK

Malai Paneer Bites

with tandoori masala sauce, raita & a wholewheat roti

The perfect meat-free meatball bites made with mashed potatoes and paneer are served in a divine tandoori masala sauce - these malai (meaning creamy!) bites are totally delectable. With a warm wholewheat roti and raita on the side, what else could you want?

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Vegetarian

 Warwick Wine Estate | First Lady Chardonnay

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Ingredients & Prep

| | |
|-------|--|
| 200g | Potato <i>peeled & cut into bite-sized chunks</i> |
| 1 | Onion <i>½ peeled & finely diced</i> |
| 1 | Garlic Clove <i>peeled & grated</i> |
| 15ml | NOMU Tandoori Rub |
| 100ml | Coconut Milk |
| 25ml | Fresh Cream |
| 1 | Plum Tomato <i>finely diced</i> |
| 20g | Spinach <i>rinsed</i> |
| 4g | Fresh Coriander <i>rinsed & finely chopped</i> |
| 100g | Paneer Cheese <i>grated</i> |
| 1 | Wholewheat Roti |
| 30ml | Raita |

From Your Kitchen

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

1. MASH MAGIC Place a pot of cold salted water over a high heat. Add the potatoes and bring to a boil. Once boiling, reduce the heat and simmer for 10-15 minutes until soft. Drain on completion, and roughly mash with a potato masher or fork. Season to taste.

2. START THE SAUCE Place a pot, with a lid, 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. Add the grated garlic and ½ the rub and fry for 1 minute until fragrant, shifting constantly. Mix in the coconut milk, the cream, and the diced tomatoes. Reduce the heat and simmer for 6-8 minutes until the tomatoes have softened into a saucy consistency, stirring occasionally. Add some water if the sauce reduces too quickly. Remove from the heat and stir through the rinsed spinach, ½ the chopped coriander, and a small knob of butter (optional). Season with salt, pepper and a sweetener of choice. Cover to keep warm. Place over a low heat just before serving if the sauce cools down.

3. PANEER BITES In a bowl, mix the mashed potato, the grated paneer, and the remaining rub, to form a dough. The dough should be the texture of a firm mash. Use your hands to roll the dough into golf ball sized paneer bites. Return the potato pot to a high heat with a drizzle of oil. When hot, shallow fry the paneer bites until crispy and golden, flipping as they colour. Remove on completion and drain on some paper towel.

4. RAVENOUS FOR ROTI Place a dry pan over a medium heat. When hot, warm the roti for about 30-60 seconds per side until heated through and lightly toasted. Alternatively, spread the roti out on a plate in a single layer and heat up in the microwave for 30-60 seconds.

5. DINNER IS SERVED Dish up spoonfuls of tandoori masala sauce and top with the paneer bites. Garnish with the raita and the remaining chopped coriander. Serve with a wholewheat roti. Divine, Chef!



Chef's Tip

You can use a wooden spoon or masher to crush the diced tomato as it starts to soften.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 556kj |
| Energy | 139Kcal |
| Protein | 5.5g |
| Carbs | 13g |
| of which sugars | 2.6g |
| Fibre | 1.8g |
| Fat | 6.7g |
| of which saturated | 4.6g |
| Sodium | 177mg |

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook
within 3
Days