



UCOOK

Chock-a-Block Paneer Bake

with Kalamata olives & baby marrow

This easy to make veggie-packed bake includes spinach, olives, paneer cheese, and feta. Served alongside a fresh salad with crunchy leaves, tomato and a creamy dressing. So simple yet so flavourful!


Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

 Veggie

 Boschendal | 1685 Sauvignon Blanc

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Ingredients & Prep

1	Red Onion <i>½ peeled & finely diced</i>
100g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized chunks</i>
20g	Spinach <i>rinsed & roughly shredded</i>
10g	Pitted Kalamata Olives <i>drained & halved</i>
100g	Paneer Cheese <i>cut into 2-3cm cubes</i>
60ml	Low Fat Fresh Milk
20g	Grated Mozzarella & Cheddar Cheese Mix
20g	Danish-style Feta <i>drained</i>
20ml	That Mayo (Original)
10ml	White Wine Vinegar
20g	Salad Leaves <i>rinsed</i>
1	Tomato <i>½ diced</i>

From Your Kitchen

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

1. IT'S THE INSIDE THAT COUNTS Preheat the oven to 200°C. Place a pan over a medium heat with a drizzle of oil. When hot, fry the diced onion and baby marrow chunks for 3-4 minutes until soft, shifting occasionally. Add the shredded spinach and cook for 2-3 minutes until wilted and any excess liquid has evaporated, shifting occasionally. Mix through the halved olives, remove from the heat, and season to taste. Set aside.

2. BAKED, CREAMY & DREAMY Place the paneer in a bowl and gently mash with a fork or potato masher. Add the milk and mix until fully combined. Lightly grease an oven-proof dish and add the cooked spinach and olive mixture. Flatten into an even layer. Top with the paneer and milk mixture. Sprinkle over the grated cheese and crumble over the drained feta. Pop in the hot oven and bake for 15-20 minutes until browned and fully set. On completion, set aside to cool for 5-10 minutes in the oven-proof dish, until firm to the touch.

3. DRESSED TO IMPRESS In a salad bowl, combine the mayo, a drizzle of oil, and the vinegar. Add water in 5ml increments until a drizzling consistency. Add the rinsed salad leaves and the diced tomato. Toss until fully coated.

4. PERFECT PANEER BAKE Plate up a hearty helping of the glorious paneer bake. Side with the creamy salad. Super easy and super yum, Chef!



Chef's Tip

Be sure not to remove the bake from the oven-proof dish when it's hot as you risk it falling apart.

Nutritional Information

Per 100g

Energy	462kj
Energy	118Kcal
Protein	6.5g
Carbs	5g
of which sugars	2.6g
Fibre	1.1g
Fat	6.9g
of which saturated	4.3g
Sodium	95mg

Allergens

Egg, Dairy, Allium, Sulphites

Cook
within 2
Days