

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.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Veggie

 Creation Wines | Creation Chenin Blanc

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Ingredients & Prep

120g	Carrot <i>rinse, trim, peel & cut into wedges</i>
1	Onion <i>peel & cut into wedges</i>
100g	Paneer Cheese <i>slice lengthways into 1cm thick slabs</i>
10ml	NOMU Tandoori Rub
6g	Mixed Herbs <i>(3g Fresh Coriander & 3g Fresh Mint)</i>
10g	Cashew Nuts <i>roughly chop</i>
1	Fresh Chilli <i>rinse, trim, deseed & roughly chop</i>
40ml	Greek Yoghurt
10ml	Lemon Juice
1	Apple <i>rinse, peel, core, cut ½ into bite-sized pieces & ½ into thin matchsticks</i>
2	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, 25-30 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, remove the tray from the oven and move the roast veg to one side. Turn the oven up to the grill setting and spread the marinated paneer slices on the other half of the tray. Return to 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