

UCCOOK

Paneer Naan Flatbread

with a curried yoghurt & cucumber half-moons

A fluffy naan flatbread is smothered in a rich garam masala curry sauce before being topped with salty paneer cheese, fresh sambal & creamy curried yoghurt. This dish has a little bit of everything, and a whole lot of yum!


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Ella Nasser

 Veggie

 Creation Wines | Creation Sauvignon Blanc/Semillon

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Ingredients & Prep

1	Plum Tomato <i>rinsed, ½ diced & ½ cut into thin wedges</i>
150g	Cucumber <i>rinsed, ½ diced & ½ cut into half-moons</i>
1	Garlic Heads <i>peeled & grated</i>
30ml	NOMU Garam Masala Rub
150g	Cooked Chopped Tomato
3	Naan Breads
300g	Paneer Cheese <i>drained & cut into cubes</i>
8g	Fresh Coriander <i>rinsed, picked & finely chopped</i>
90ml	Low Fat Plain Yoghurt
60g	Salad Leaves <i>rinsed & roughly shredded</i>
30ml	White Wine Vinegar

From Your Kitchen

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

1. LET'S START Preheat the oven to 200°C. In a bowl, combine the diced tomato, the diced cucumber, a drizzle of olive oil, and seasoning. Set aside.

2. YOU'RE DOING GRATE Place a pan over medium heat with a drizzle of oil. When hot, fry the grated garlic and ¾ of the NOMU rub. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the cooked chopped tomato and 90ml of water. Simmer until slightly reduced, 3-4 minutes (stirring continuously). Season and set aside.

3. NAAN CAN COMPARE Place the naan breads on a baking tray. Smear with the tomato curry sauce and top with the paneer cubes. Place in the hot oven and bake until the paneer is starting to brown, 7-8 minutes.

4. COMBINE TO MAKE IT SHINE In a bowl, combine the remaining NOMU rub, ½ the chopped coriander, seasoning, and the yoghurt. Set aside. In a bowl, combine the rinsed salad leaves, the cucumber half-moons, the vinegar, the tomato wedges, a drizzle of olive oil, and seasoning.

5. 5/5 STARS Plate up the paneer naan flatbread. Top with the sambal. Dollop over the curried yoghurt and sprinkle over the remaining coriander. Serve the fresh salad on the side. Yummy, Chef!

Nutritional Information

Per 100g

Energy	616kJ
Energy	158kcal
Protein	8.2g
Carbs	14g
of which sugars	2.3g
Fibre	1.8g
Fat	6.4g
of which saturated	4g
Sodium	162mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days