



UCOOK

Savanna's Indian Paneer Curry

with a toasted roti & fresh coriander

Let's give a cheer for paneer! A popular ingredient used in Indian cuisine, this mild-tasting soft cheese performs an impressive balancing act to cool down a fiery curry. Just like the one you'll be making today, Chef! Spiced with NOMU Indian Rub, pops of peas, carrots & onion are coated in a rich tomato passata curry. Sided with toasted roti and garnished with fresh coriander.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Savanna

Veggie

Savanna | Neat

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Ingredients & Prep

100g	Paneer Cheese <i>chop into 1cm thick cubes</i>
120g	Carrot <i>rinse, trim, peel & cut into small bite-sized pieces</i>
1	Onion <i>peel & roughly dice ½</i>
1	Fresh Chilli <i>rinse, trim, deseed & finely chop</i>
15ml	NOMU Indian Rub
100ml	Tomato Passata
40g	Peas
1	Roti
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. PERFECT PANEER Place a pan over medium heat with a drizzle of oil. When hot, fry the paneer cubes until crispy and golden, 1-2 minutes per side. Remove from the pan and drain on paper towel.

2. CURRY BASE Return the pan to medium heat with a drizzle of oil if necessary. When hot, fry the carrot pieces and the diced onion until the onions are soft, 5-6 minutes. Add the chopped chilli (to taste) and the NOMU rub, and fry until fragrant, 1-2 minutes. Pour in the tomato passata and 150ml of water. Simmer until thickened and the carrots are cooked through, 10-12 minutes. Stir through the crispy paneer and the peas until heated through, 1-2 minutes. Remove from the heat, add a sweetener (to taste), and season.

3. TOASTED ROTI Place a clean pan over medium heat. When hot, toast the roti until warmed through, 30-60 seconds per side. Alternatively, place the roti on a plate and heat up in the microwave, 30-60 seconds.

4. ENJOY THE CURRY! Bowl up the paneer curry and side with the toasted roti. Garnish with the chopped coriander and any remaining chilli.

Nutritional Information

Per 100g

Energy	508kj
Energy	122kcal
Protein	6.2g
Carbs	13g
of which sugars	4.6g
Fibre	2.5g
Fat	4.7g
of which saturated	2.9g
Sodium	191mg

Allergens

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

Eat
Within
3 Days