

# 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!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Ella Nasser

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 Veggie

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 Creation Wines | Creation Sauvignon  
Blanc/Semillon

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## Ingredients & Prep

1	Plum Tomato <i>rinsed, ½ diced &amp; ½ cut into thin wedges</i>
50g	Cucumber <i>rinsed, ½ diced &amp; ½ cut into half-moons</i>
1	Garlic Heads <i>peeled &amp; grated</i>
10ml	NOMU Garam Masala Rub
50g	Cooked Chopped Tomato
1	Naan Bread
100g	Paneer Cheese <i>drained &amp; cut into cubes</i>
3g	Fresh Coriander <i>rinsed, picked &amp; finely chopped</i>
30ml	Low Fat Plain Yoghurt
20g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
10ml	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 30ml of water. Simmer until slightly reduced, 2-3 minutes (stirring continuously). Season and set aside.

**3. NAAN CAN COMPARE** Place the naan bread 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, 5-6 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