

UCCOOK

Silky Palak Paneer

with a poppadom, fresh chilli & toasted cashews

Something glorious awaits you in this dish! An unusual but delicious hidden gem - Paneer or 'Indian cottage cheese'. Strewn over a smooth curry of yoghurt, spices, and spinach or 'palak'. It's rich in flavour, not too spicy, and elegantly accompanied by a crisp poppadom, brown basmati rice, tomato sambal and buttery cashews.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Lauren Todd

 Veggie

 Leopard's Leap | Chardonnay Pinot Noir

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Ingredients & Prep

75ml	Brown Basmati Rice
10g	Cashew Nuts
1	Tomato <i>finely diced</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
1	Onion <i>peeled & finely diced</i>
10ml	Spice & All Things Nice Tikka Masala
1	Garlic Clove <i>peeled & grated</i>
150g	Spinach <i>rinsed & roughly shredded</i>
100ml	Low Fat Plain Yoghurt
100g	Paneer <i>cut into 1-2cm cubes</i>
1	Poppadom

From Your Kitchen

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

1. FLUFFY BROWN RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 300ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. Drain if necessary and fluff up with a fork.

2. TOAST THOSE CASHEWS & SAMBAL Place a pan over a medium heat. When hot, toast the cashews for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle. Place ½ of the diced tomatoes, ¼ of fresh chilli (to taste) and ¼ of the diced onions in a bowl. Add a drizzle of oil, toss to combine, season and set aside for serving.

3. TIME TO GET SAUCY! Return the pan to a medium heat with a drizzle of oil and a knob of butter. When hot, fry the remaining diced onion for 3-4 minutes until soft and translucent. In the final minute, add the remaining sliced chilli (to taste), the curry paste and grated garlic. Fry for a further 1-2 minutes until fragrant. Add the remaining diced tomatoes and cook for 3-4 minutes until fragrant and caramelising, shifting occasionally. Toss through the shredded spinach and cook until wilted for 2-3 minutes, shifting occasionally. Remove from the heat and stir in the yoghurt. Transfer to a blender and blend until smooth and a soup consistency. If it's too thick, gradually loosen with warm water in 5ml increments. Return the sauce to the pan, season and keep warm over a low heat until serving.

4. SILKY PANEER When the curry sauce has thickened, remove from the heat and stir through the paneer cubes. Set aside and cover to keep warm.

5. POPPADOMS Place a pan over a medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadom for 30 seconds per side. As soon as the poppadom starts curling, use a spatula or tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up.

6. IT'S MUNCH TIME! Dish up a pile of the fluffy brown rice, top with the saucy palak curry and serve the sambal and the poppadom alongside. Garnish with the chopped, toasted cashews and any remaining fresh chilli to taste. It's as simple as that!



Chef's Tip

If you don't feel like frying the poppadoms, you can cook them in the microwave! Simply heat them one at a time in 10 second bursts. Do this until puffed up and crispy – about 30-40 seconds in total.

Nutritional Information

Per 100g

Energy	518kj
Energy	130kcal
Protein	6.8g
Carbs	12g
of which sugars	2.1g
Fibre	2.5g
Fat	4.8g
of which saturated	2.8g
Sodium	247mg

Allergens

Dairy, Allium, Tree Nuts

Cook
within 3
Days