

UCOOK

Paneer Naan Flatbread

with a curried yoghurt & pickled red onion

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 & zingy pickled onions. This dish has a little bit of everything, and a whole lot of yum!

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Ella Nasser

 Veggie

 Leopard's Leap | Culinary Brut MCC

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Ingredients & Prep

| | |
|-------|---|
| 40ml | NOMU Garam Masala Rub |
| 15g | Fresh Coriander <i>rinsed, picked & finely chopped</i> |
| 125ml | Low Fat Plain Yoghurt |
| 2 | Garlic Cloves <i>peeled & grated</i> |
| 200ml | Tomato Passata |
| 80ml | White Wine Vinegar |
| 1 | Red Onion <i>peeled & finely sliced</i> |
| 4 | Tomatoes <i>½ diced & ½ cut into thin wedges</i> |
| 200g | Cucumber <i>½ diced & ½ cut into half-moons</i> |
| 4 | Naan Breads |
| 400g | Paneer <i>drained & cut into cubes</i> |
| 80g | Salad Leaves <i>rinsed & roughly shredded</i> |

From Your Kitchen

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

1. SPICED YOGHURT Preheat the oven to 200°C. Place a pan over a medium heat. When hot, dry toast the rub for 1-2 minutes, shifting constantly. On completion, place ⅓ of the toasted rub (set the rest aside) in a bowl along with ½ the chopped coriander and the yoghurt. Season and mix until fully combined.

2. CURRY SAUCE Return the pan to a medium heat with a drizzle of oil. When hot, add the grated garlic and the remaining toasted rub (to taste) and fry for 1-2 minutes until fragrant, shifting constantly. Pour in the tomato passata and 120ml of water. Mix until fully combined. Leave to simmer for 3-4 minutes until slightly reduced, stirring continuously. Season to taste. Remove the pan from the heat.

3. PICKLE & SAMBAL In a bowl, combine the vinegar, a sweetener of choice (to taste) and a splash of warm water. Add the sliced onion and set aside to pickle. In a separate bowl, combine the diced tomato, the diced cucumber, a drizzle of oil and seasoning.

4. FLATBREAD MOMENT 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 for 8-9 minutes until the paneer is starting to brown.

5. A KICK OF FRESHNESS Drain the pickling liquid from the onions. In a bowl, combine the rinsed salad leaves, ½ the pickled onions, the cucumber half-moons, the tomato wedges, a drizzle of oil and seasoning.

6. DINNER IS SERVED! Plate up the paneer naan flatbread. Top with the sambal and the remaining pickled onions. Dollop over the curried yoghurt and sprinkle over the remaining coriander. Serve the fresh salad on the side. Yummy!



Chef's Tip

Reserve the pickling liquid from the pickled onion, store it in the fridge, and use it for a second time in another meal!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 484kJ |
| Energy | 123kcal |
| Protein | 6.2g |
| Carbs | 12g |
| of which sugars | 2.6g |
| Fibre | 1.6g |
| Fat | 4.7g |
| of which saturated | 3g |
| Sodium | 121mg |

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days