



UCOOK

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: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Samantha du Toit

 Veggie

 Painted Wolf Wines | The Den Chenin Blanc
2023

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Ingredients & Prep

300g	Paneer Cheese <i>chop into 1cm thick cubes</i>
360g	Carrot <i>rinse, trim, peel & cut into small bite-sized pieces</i>
2	Onions <i>peel & roughly dice 1½</i>
2	Fresh Chillies <i>rinse, trim, deseed & finely chop</i>
45ml	NOMU Indian Rub
300ml	Tomato Passata
120g	Peas
3	Rotis
8g	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, 6-8 minutes. Add the chopped chilli (to taste) and the NOMU rub, and fry until fragrant, 1-2 minutes. Pour in the tomato passata and 450ml of water. Simmer until thickening and the carrots are cooked through, 12-15 minutes. Stir through the crispy paneer and the peas until heated through, 2-3 minutes. Remove from the heat, add a sweetener, and season.

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

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

Nutritional Information

Per 100g

Energy	529kj
Energy	126kcal
Protein	6.6g
Carbs	14g
of which sugars	4.7g
Fibre	2.5g
Fat	5g
of which saturated	3.1g
Sodium	203mg

Allergens

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

Cook
within 3
Days