



UCOOK

Indian-style Fried Rice & Paneer

with green beans & fresh coriander

Golden turmeric curried fried rice is loaded with paneer cubes, crunchy green beans, peas & green pepper. It is topped with dollops of tzatziki for freshness, and a sprinkling of fresh coriander for some fragrant herbiness in every bite!


Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Veggie

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc 2021

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Ingredients & Prep

75ml	White Basmati Rice <i>rinsed</i>
5ml	Turmeric
100g	Paneer Cheese <i>pat dry & cut into bite-sized chunks</i>
1	Green Bell Pepper <i>½ rinsed, deseeded & cut into bite-sized pieces</i>
1	Onion <i>½ peeled & roughly diced</i>
80g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
17,5ml	Curry Spice <i>(2,5ml Ground Cinnamon, 5ml NOMU Garam Masala Rub & 10ml Medium Curry Powder)</i>
40g	Peas
40ml	Tzatziki
4g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. GOLDEN RICE Preheat the oven to 200°C. Place the rinsed rice and the turmeric in a pot over a medium-high heat. Submerge in 300ml of salted water and pop on the 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. On completion, drain if necessary and fluff up with a fork.

2. BAKED PANEER Place the paneer chunks on a greased baking tray and coat in oil and seasoning. Pop in the hot oven and bake for 5 minutes until lightly golden and crisping up. Remove from the oven and set aside to cool.

3. FRY-DAY When the rice has 10-15 minutes remaining, place a wok or pan over a medium heat with a generous drizzle of oil. When hot, add the green pepper pieces, the diced onion, and the sliced green beans and fry for 3-4 minutes until soft but still crunchy, shifting occasionally. Add the curry spice (to taste) and fry for 1-2 minutes until fragrant, shifting constantly. Add the cooked rice and the peas and cook for 1-2 minutes until the peas are heated through, shifting occasionally. Season to taste.

4. THE MAIN EVENT Dish up the loaded fried rice and top with the roasted paneer. Dollop over the tzatziki and garnish with the chopped coriander. Look at you go, Chef!

Nutritional Information

Per 100g

Energy	528kj
Energy	134kcal
Protein	7.1g
Carbs	15g
of which sugars	2.6g
Fibre	3g
Fat	4.2g
of which saturated	2.9g
Sodium	34mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook
within 3
Days