



# 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:** 25 minutes

**Overall Time:** 35 minutes

---

**Serves:** 1 Person


---

**Chef:** Samantha du Toit

---

 Veggie

---

 Painted Wolf Wines | The Den Chenin Blanc  
2023

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

100g	Paneer Cheese <i>chop into 1cm thick cubes</i>
120g	Carrot <i>rinse, trim, peel &amp; cut into small bite-sized pieces</i>
1	Onion <i>peel &amp; roughly dice ½</i>
1	Fresh Chilli <i>rinse, trim, deseed &amp; finely chop</i>
15ml	NOMU Indian Rub
100ml	Tomato Passata
40g	Peas
1	Roti
3g	Fresh Coriander <i>rinse, pick &amp; 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, 5-6 minutes. Add the chopped chilli (to taste) and the NOMU rub, and fry until fragrant, 1-2 minutes. Pour in the tomato passata and 150ml of water. Simmer until thickening and the carrots are cooked through, 10-12 minutes. Stir through the crispy paneer and the peas until heated through, 1-2 minutes. Remove from the heat, add a sweetener, and season.

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

**4. ENJOY THE CURRY!** Bowl up the paneer curry and side with the toasted roti. 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