

# UCOOK

## Tandoori Paneer Naan-wich

with coriander yoghurt & chutney

What do you get when you mix together delicious tandoori-spiced paneer cheese with warm naan bread? A naan-wich! Packed with spicy cheese, chutney, tomato, red onion and a fresh coriander yoghurt, you'll never look at sandwiches the same again!

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**Hands-On Time:** 15 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person


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**Chef:** Thea Richter

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 Veggie

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 Boschendal | Rachelsfontein Chenin Blanc

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## Ingredients & Prep

1	Red Onion <i>½ peeled &amp; finely sliced</i>
25ml	Mrs Balls Chutney
1	Tomato <i>roughly diced</i>
50g	Cucumber <i>roughly diced</i>
4g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>
50g	Spinach <i>rinsed &amp; roughly shredded</i>
20ml	NOMU Indian Rub
30ml	Low Fat Plain Yoghurt
100g	Paneer Cheese <i>drained &amp; cut into 1cm cubes</i>
2	Naan Breads

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter (optional)

**1. CHUTNEY CARAMEL ONIONS** Place a pan over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, add the sliced onion and fry for 7-9 minutes until browned and caramelised, shifting occasionally. At the halfway mark, add the chutney to caramelise it further. Remove from the heat on completion, cover to keep warm, and set aside.

**2. SAMBAL & SAUTÉ** In a bowl, combine the diced tomato, the diced cucumber, ½ the chopped coriander, a drizzle of oil, and seasoning. Set aside. Place a pan over a medium-high heat with a drizzle of oil or a knob of butter. When hot, add the shredded spinach and sauté for 3-4 minutes until wilted, shifting occasionally. Remove from the pan on completion, cover to keep warm, and season to taste.

**3. CORIANDER YOGHURT** Return the pan, wiped down, to a medium heat. When hot, dry toast ¾ of the rub for 1-2 minutes. Place in a bowl along with the remaining coriander, the yoghurt, and seasoning. Mix until fully combined.

**4. PANEER PARTY** In a bowl, toss the paneer cubes with a drizzle of oil and the remaining rub. Return the pan to a medium heat with a drizzle of oil. When hot, add the coated paneer and fry for 1-2 minutes per side until golden. On completion, remove from the pan and drain on paper towel.

**5. NAAN MOMENT** Return the pan, wiped down if necessary, to a medium-high heat. Once hot, add the naan bread and heat for 30-60 seconds per side until warm. Repeat with the remaining naan bread.

**6. NAAN-WHICH TIME!** Time to assemble your naan-wich! Lay down a naan bread and load on the wilted spinach, the spiced paneer, the chutney onions and the cucumber-tomato sambal. Dollop over the coriander yoghurt and top with the remaining naan. Enjoy, Chef!



## Chef's Tip

Here's a foolproof method for cleaning your spinach! Submerge it in water, give it a swirl, and let it rest for a few minutes to allow any sand to sink to the bottom. Remove and rinse with water.

## Nutritional Information

Per 100g

Energy	523kj
Energy	126Kcal
Protein	6.5g
Carbs	13g
of which sugars	4.4g
Fibre	1.6g
Fat	4.4g
of which saturated	3g
Sodium	312mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 3  
Days