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Curried Paneer Cheese & Spinach Chapatis

There's plenty to like about this Indian inspired chapati wrap, but our favourite has to be the paneer cheese – it's mild and yet intriguing, kinda like a cool person you immediately want to be best friends with...at least, that's how we feel!



Prep: 10 mins

Cook: 15 mins

Total: 25 mins



level 1



low sodium

Pantry Items



Olive Oil



Baby Spinach
Leaves



Paneer Cheese



Red Onion



Mild Curry Powder



Zucchini



Greek Yoghurt



Chapati Wraps




Coriander

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2P	4P	Ingredients
½ bag	1 bag	baby spinach leaves 
2 tbs	4 tbs	olive oil *
1 pack	2 packs	paneer cheese, cut into 2 cm cubes
½	1	red onion, peeled & finely sliced 
1 sachet	2 sachets	mild curry powder
1	2	zucchini, grated
1 tub	2 tubs	Greek yoghurt
4	8	chapati wraps (recommended amount)
1 bunch	2 bunches	coriander, leaves picked

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	1980	Kj
Protein	25.9	g
Fat, total	32.8	g
-saturated	13.4	g
Carbohydrate	16.8	g
-sugars	11.6	g
Sodium	421	mg

1



You will need: chef's knife, chopping board, sieve, box grater, kettle, heatproof large bowl, medium frying pan, wooden spoon and microwave or sandwich press.

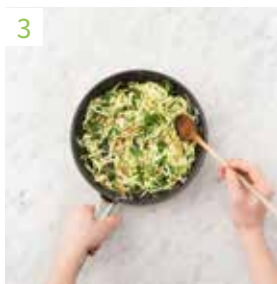
1 Bring a full kettle of water to the boil. Place the **baby spinach leaves** in a large bowl. Pour over the water. Set aside for **2 minutes**, or until the spinach has wilted. Drain and leave to cool. Once cool, squeeze out excess water and roughly chop. Set aside.

2



2 Meanwhile, heat half the **olive oil** in a medium frying pan over a medium-high heat. Season the **paneer cheese** generously with **salt** and **pepper** and add to the pan. Stir fry for **3-4 minutes**, or until lightly golden. Remove the paneer cheese from the pan and set aside.

3



3 Heat the remaining olive oil in the same pan over a medium-high heat. Add the **red onion** and cook for **5 minutes**, or until softened. Add the **mild curry powder** to the pan and cook for a further **1 minute**, or until fragrant. Add the **zucchini** and the baby spinach and cook for a further **3-4 minutes**, or until softened.

4



4 Add the paneer cheese and half the **Greek yoghurt** to the baby spinach mix and cook for **2 minutes**, or until piping hot. Season with salt and pepper.

5 Meanwhile, heat the **chapati wraps** for a few seconds in the microwave or a sandwich press until warm.

6 To serve, top the chapatis with the paneer cheese mix, drizzle over the remaining yoghurt and garnish with the **coriander**. Enjoy!

Did you know? Chapati is also referred to as “roti”.