

Paneer & Spinach Curry

Tonight we're bringing you a curry which is a delight for the senses. We love using paneer, the delicious Indian cheese, that pairs beautifully with big, bold flavours. Tuck into this golden curry and toast the country from which we draw endless culinary inspiration.



Prep: 10 mins Cook: 30 mins Total: 40 mins



level 1



high protein



winter

Pantry Items











Mild Curry





Brown Rice







Brown Onion









Vegetable Stock



Tomato Paste



Baby Spinach



Greek Yoghurt





Coriander



2P	4P	Ingredients	
1 tbs	2 tbs	mild curry powder (recommended amount)	
1 tbs	2 tbs	olive oil *	
³⁄₄ cup	1 ½ cups	brown rice, rinsed well	
1 ½ cup	3 cup	water *	
1 packet	2 packets	paneer cheese, cubed	
1/2	1	brown onion, thinly sliced	
1 knob	2 knobs	ginger, peeled & finely grated	
1	2	birdseye chilli, deseeded & finely chopped	
½ cube	1 cube	vegetable stock	*************************************
2 cups	4 cups	hot water *	
2 tbs	4 tbs	tomato paste (recommended amount)	
½ bag	1 bag	baby spinach, washed	
1 tub	2 tubs	Greek yoghurt	
1 bunch	2 bunches	coriander, leaves picked	
⅓ cup	½ cup	cashew nuts, roughly chopped	
½ bag 1 tub 1 bunch	1 bag 2 tubs 2 bunches	baby spinach, washed Greek yoghurt coriander, leaves picked	

Ingredient features in another recipe

Pantry Items

Pre-preparation

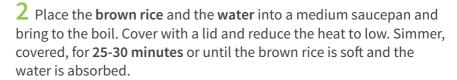
Nutrition per serve

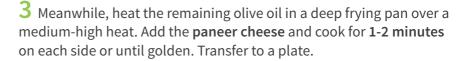
Energy	3160	Kj
Protein	34.4	g
Fat, total	35	g
-saturated	13.7	g
Carbohydrate	72.1	g
-sugars	16.4	g
Sodium	463	mg



You will need: sieve, chef's knife, chopping board, vegetable peeler, grater, small bowl, medium saucepan with a lid, deep frying pan, spatula, and a plate.

1 In a small bowl combine the mild curry powder and half of the olive oil to form a paste.





4 In the same pan, heat a dash of oil over a medium-high heat. Add the **brown onion** and cook, stirring, for **3 minutes** or until soft. Add the **ginger** and **birdseye chilli**. Cook, stirring, for **1 minute** or until fragrant. Add the curry paste and cook, stirring, for **1 minute**. Combine the **vegetable stock**, **hot water** and **tomato paste**. Add to the pan and bring to the boil. Reduce the heat to medium-low. Simmer for **10-15 minutes** or until the sauce has thickened.

5 Return the paneer cheese to the pan with the **baby spinach**. Simmer for **1-2 minutes** or until the spinach is wilted and the paneer is heated through. Stir through half of the **Greek yoghurt**.

6 Serve the curry with the brown rice, a dollop of the remaining yoghurt, **coriander** and **cashews**.







Did you know? Cashews are actually a seed, not a nut!