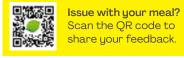
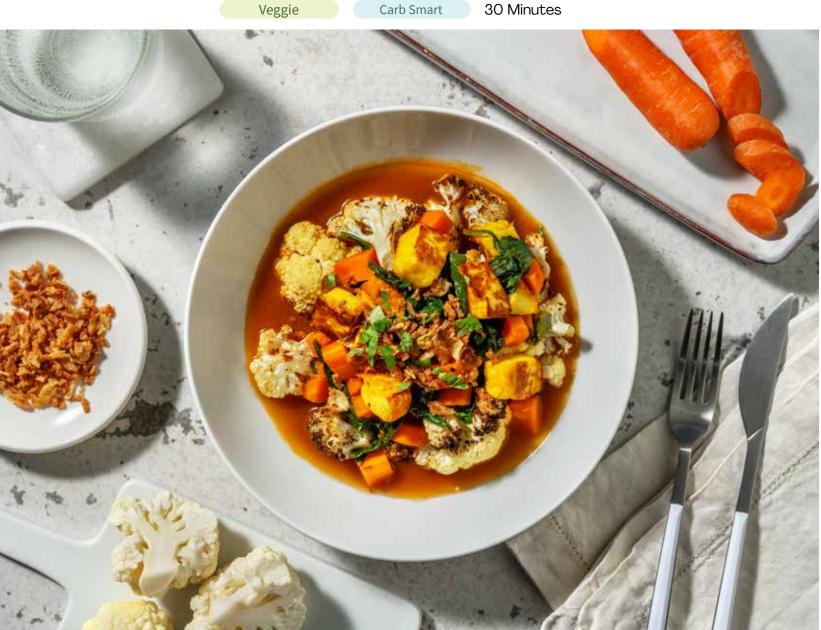


# Carb Smart Paneer and Spinach

with Roasted Cauliflower

30 Minutes















Cumin-Turmeric Spice Blend





Cauliflower, florets

Ginger-Garlic Puree







Cilantro

Crispy Shallots





Baby Spinach

Tomato Sauce Base

# Start here

- Before starting, preheat the oven to
- Wash and dry all produce.

Measurements, 1 tbsp., (2 tbsp), oil within steps

### **Bust out**

Baking sheet, vegetable peeler, measuring spoons, measuring cups, large non-stick pan

# **Ingredients**

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	2 Person	4 Person
Paneer	200 g	400 g
Vegetable Stock Powder	1 tbsp	2 tbsp
Cumin-Turmeric Spice Blend	1 ½ tsp	3 tsp
Cauliflower, florets	285 g	570 g
Ginger-Garlic Puree	2 tbsp	4 tbsp
Carrot	170 g	340 g
Cilantro	7 g	14 g
Crispy Shallots	28 g	56 g
Baby Spinach	56 g	113 g
Tomato Sauce Base	2 tbsp	4 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

# Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



### Prep

- Cut any larger cauliflower florets into bitesized pieces.
- Peel, then quarter carrot lengthwise. Cut into 1/4-inch quarter-moons.
- Roughly chop cilantro.
- Cut paneer into ½-inch cubes.



- Add cauliflower and ½ tbsp (1 tbsp) oil to an unlined baking sheet. Season with salt and **pepper**, then toss to combine.
- Roast in the **middle** of the oven until tender, 15-18 min.



- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add 2 tbsp butter, then swirl the pan until melted, 1 min. Add paneer. (NOTE: Don't overcrowd the pan; cook paneer in 2 batches for 4 ppl, using 2 tbsp butter per batch.)
- Pan-fry, turning cubes occasionally, until crispy and golden-brown all over, 5-6 min. Transfer **paneer** to a plate and set aside.



### Cook carrots

- Reheat the same pan over medium. When hot, add carrots. Cook, stirring often, until tender-crisp, 3-4 min.
- Add tomato sauce base, ginger-garlic puree and Cumin-Turmeric Spice Blend. Stir to coat carrots.



### Make sauce

- Add 1 1/4 cups (2 cups) water and stock powder. Stir to combine. Bring to a simmer, then stir in paneer.
- Cook, stirring often, until carrots are tender and **sauce** thickens slightly, 6-8 min.
- Add spinach. Stir until paneer is warmed through and **spinach** wilts, 1-2 min. (TIP: If you prefer a lighter sauce, add more water, 1-2 tbsp at a time.)
- · Remove from heat, then season with salt and **pepper**, to taste. Cover to keep warm.



## Finish and serve

- Divide cauliflower between bowls.
- Top with paneer, spinach and any remaining sauce from the pan.
- Sprinkle crispy shallots and cilantro over top.

# **Dinner Solved!**

