



Carb Smart Paneer and Spinach with Roasted Cauliflower

Veggie

Carb Smart

30 Minutes



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Paneer



Vegetable Stock
Powder



Cumin-Turmeric
Spice Blend



Cauliflower, florets



Ginger-Garlic Puree



Carrot



Cilantro



Crispy Shallots



Baby Spinach



Tomato Sauce Base

HELLO PANEER

A mild cheese that holds its shape even when fried!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

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

Ingredients

	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 bite-sized pieces.
- Peel, then quarter **carrot** lengthwise. Cut into ¼-inch quarter-moons.
- Roughly chop **cilantro**.
- Cut **paneer** into ½-inch cubes.



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**.



Roast cauliflower

- 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.



Make sauce

- Add 1 ¼ **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.



Pan-fry paneer

- 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.



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!



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