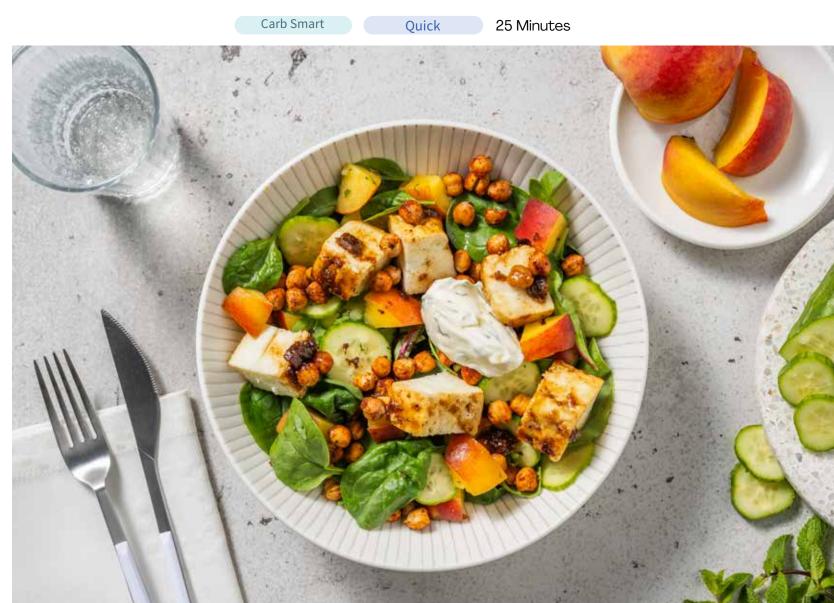


Carb Smart Toasted Chana Dal on Paneer

with Peaches and Mint-Cucumber Sauce









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Cumin-Turmeric Spice Blend

Chana Dal





Peach



Spring Mix

Mini Cucumber





Fig Spread



White Wine Vinegar



Sour Cream

Start here

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

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredien

Bust out

Baking sheet, measuring spoons, large bowl, parchment paper, small bowl, whisk, large non-stick pan

Ingredients

3. 5 3. 5		
	2 Person	4 Person
Paneer	200 g	400 g
Cumin-Turmeric Spice Blend	1 ½ tsp	3 tsp
Chana Dal	28 g	56 g
Spring Mix	113 g	227 g
Peach	1	2
Mini Cucumber	66 g	132 g
Mint	7 g	14 g
Fig Spread	2 tbsp	4 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
Sour Cream	3 tbsp	6 tbsp
Unsalted Butter*	½ tbsp	1 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.



- Heat a large non-stick pan over mediumhigh heat.
- Meanwhile, season both sides of paneer with Cumin-Turmeric Spice Blend.
- When hot, add ½ **tbsp** (1 tbsp) **butter** to the pan, then swirl the pan until melted.
- Add **paneer**. Fry, flipping halfway through, until golden-brown, 2-3 min per side.



Prep

- Meanwhile, cut cucumber into ¼-inch rounds, then finely chop 2 rounds (4 rounds for 4 ppl).
- Cut sections off **peach**, avoiding pit, then cut into ½-inch pieces.
- Pick **mint leaves** off stem, then finely chop.



Finish paneer

- Transfer paneer to a parchment-lined baking sheet. Season all sides with salt and pepper.
- Spread half the fig spread over paneer, then sprinkle half the chana dal over top.
- Toast in the **top** of the oven until **paneer** is caramelized around edges, 5-6 min.



Make mint-cucumber sauce

• Meanwhile, add sour cream, chopped cucumbers, ¼ tsp (½ tsp) vinegar and 2 tsp (1 tbsp) mint to a small bowl. Season with salt and pepper, to taste, then stir to combine.



Make vinaigrette and finish salad

- Add remaining vinegar, remaining mint, remaining fig spread and 1 ½ tbsp (3 tbsp)
 oil to a large bowl. Season with salt and pepper, to taste, then whisk to combine.
- Add spring mix, cucumber rounds and peaches to the large bowl, then toss to combine.



Finish and serve

- Cut paneer into ½-inch pieces.
- Divide **salad** between bowls, then top with **paneer**.
- Sprinkle remaining chana dal over salad.
- Dollop mint-cucumber sauce over paneer.

Dinner Solved!