



Carb Smart Toasted Chana Dal on Paneer with Peaches and Mint-Cucumber Sauce

Carb Smart

Quick

25 Minutes



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Paneer



Cumin-Turmeric
Spice Blend



Chana Dal



Spring Mix



Peach



Mini Cucumber



Mint



Fig Spread



White Wine Vinegar



Sour Cream

HELLO CRISPY CHANA DAL

These spiced split lentils do double duty to provide crunch and flavour!

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

Ingredients

	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.



Fry paneer

- Heat a large non-stick pan over medium-high 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.



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.



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.



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 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.



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!



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