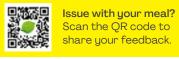


Kadai-Style Paneer

with Peppers and Garlicky Basmati Rice

35 Minutes













Sweet Bell Pepper









Tikka Sauce



Baby Spinach



Coconut Milk

Dal Spice Blend

Start here

Before starting, wash and dry all produce.

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

oil 4 person Ingredient

Bust out

Measuring spoons, medium pot, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Paneer	200 g	400 g
Shrimp	285 g	570 g
Basmati Rice	¾ cup	1 ½ cups
Sweet Bell Pepper	1	2
Red Onion	1	1
Garlic, cloves	2	4
Tikka Sauce	½ cup	1 cup
Dal Spice Blend	1 tbsp	2 tbsp
Baby Spinach	56 g	113 g
Coconut Milk	1	2
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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

- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **onion** into ½-inch pieces.
- · Peel, then mince or grate garlic.
- Cut paneer into ½-inch cubes. Season with salt and pepper.
- Roughly chop spinach.



Cook rice

- Heat a medium pot over medium heat.
- When hot, add 1 tbsp (2 tbsp) butter, then rice and half the garlic. Cook, stirring often, until fragrant, 2-3 min.
- Add 1 1/4 cups (2 1/2 cups) water and bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until rice is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.



Cook 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 cubes. (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 to a plate and set aside.

If you've opted to add **shrimp**, using a strainer, drain and rinse, then pat dry with paper towels. Season with **salt** and **pepper**. Heat the same pan over medium-high. When hot, add ½ tbsp (1 tbsp) oil, then shrimp. Cook, stirring occasionally, until shrimp just turn pink, 2-3 min.** Transfer to the plate with **paneer**.



Cook veggies

- · Reduce heat to medium. Add 1/2 tbsp (1 tbsp) oil to the same pan, then onions and peppers. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Add Dal Spice Blend and remaining garlic. Cook, stirring often, until fragrant, 1-2 min.



Make sauce

- Add tikka sauce and coconut milk to the pan with **veggies**. Reduce heat to medium-low. Cook, stirring occasionally, until sauce thickens slightly, 5-7 min.
- Add paneer and spinach. Cook, stirring often, until spinach wilts, 1-2 min. (NOTE: For 4 ppl, add spinach in batches.)
- · Season with salt, to taste.

Add shrimp to sauce, along with paneer and spinach.



Finish and serve

- Fluff rice with a fork. Season with salt, to
- Divide rice between plates. Top with paneer and veggies.

Dinner Solved!

