



DEC
2016

Paner and Spinach Curry

with Basmati Rice

Tonight, we're bringing you our healthy version of the traditional 'saag paneer' curry which pairs delicious Indian cheese (paneer) with spinach and spices. We're opting for heart-healthy olive oil instead of the traditional ghee (clarified butter) for a guilt-free dinner!



Basmati Rice



Paneer Cheese



Onion



Ginger



Saag Paneer Spice Blend



Cilantro



Vegetable Broth Concentrate



Tomato Paste



Greek Yogurt




Frozen Spinach



Chili Flakes

Ingredients

	2 People	4 People
Basmati Rice	1 pkg (170 g)	2 pkg (340 g)
Paneer Cheese	1) 1 pkg (340 g)	2 pkg (680 g)
Onion, chopped	1 pkg (113 g)	2 pkg (227 g)
Ginger	30 g	60 g
Saag Paneer Spice Blend	1 pkg (2 tbsp)	2 pkg (4 tbsp)
Chili Flakes 	1 pkg (1 tsp)	1 pkg (1 tsp)
Cilantro	1 pkg (7 g)	2 pkg (14 g)
Frozen Spinach	1 pkg (285 g)	2 pkg (570 g)
Vegetable Broth Concentrate	1 pkg	2 pkg
Tomato Paste	1 pkg (2 tbsp)	2 pkg (4 tbsp)
Greek Yogurt	1) 1 pkg (100 g)	2 pkg (200 g)
Olive or Canola Oil*		

*Not Included

Allergens

1) Milk/Lait

Tools

Measuring Cups, Medium Pot, Measuring Spoons, Large Non-Stick Pan

Ruler

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Nutrition per person Calories: 986 cal | Fat: 38 g | Protein: 59 g | Carbs: 100 g | Fiber: 8 g | Sodium: 1973 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



1 Prep: Bring **1½ cups salted water** (double for 4 people) in a medium pot to a boil. **Wash and dry all produce.** Cut the **paneer** into ½-inch cubes. Roughly chop the **cilantro**. Peel, then mince **1 tbsp ginger** (double for 4 people.)

4



2 Cook the rice: Add **rice** to the boiling water. Reduce the heat to medium-low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 10-12 min.

3 Toast the spices: Heat a large non-stick pan over medium-high heat. Add the **spice blend** and as much **chili flakes** as you like, to the dry pan. Toast until just golden and fragrant, 1-3 min. (**TIP:** Keep an eye on them so they don't burn!) Transfer to a small bowl.

4 Sear the paneer: Add a drizzle of **oil** to the same pan. Add the **paneer cubes**. Cook until golden all over, about 1 min per side. Transfer to a plate.

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5 Make the curry: Add another drizzle of **oil** in the same pan, then the **onion**. Cook, stirring occasionally, until softened, 3-4 min. Add the **ginger**, **tomato paste** and **spice blend**. Cook, stirring, for 1 min. Add the **broth concentrate(s)** and **¾ cups water** (double for 4 people.) Season with **salt** and **pepper**. Bring to a boil, then reduce the heat to medium-low. Simmer until the **sauce** thickens slightly, 5-7 min.

6



6 Add the seared paneer and spinach to the **sauce**. Stir, breaking up the spinach with a spoon, until warmed through, 2-3 min. Remove the pan from the heat for 2 min, then stir in **half the Greek yogurt**. (**TIP:** If you stir in the yogurt when it's too hot, it may not combine with the curry!)

7 Finish and serve: Serve the **curry** over the **rice**, and top with the **remaining Greek yogurt** and a sprinkle of **cilantro**. Enjoy!

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